

# The simplest way

...to answer fruit & veg FAQs.

Can we eat more fruit to make up for not eating five serves of veg?

This is a frequently asked question from parents in *Eat It To Beat It* sessions and workshops.

The answer is no. Fruit and veg contain different combinations of vitamins and minerals, which is why there are different recommendations for each.

For more FAQs on fruit, veg, meat and dairy go to the “for parents” section of our website [eatittobeatit.com.au](http://eatittobeatit.com.au).

In the meantime, just remember that the simplest way to ensure you and your family are getting the dietary nutrients you need is to eat a rainbow of different coloured fruit and veg every day!



**For more information visit [www.eatittobeatit.com.au](http://www.eatittobeatit.com.au) or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)**

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