

DIET & HYDRATION

TIPS TO STAY HEALTHY



EAT YOUR FRUIT & VEGGIES!

Around half of Australian adults consume just 50 per cent of the recommended daily intake of fruit, and around 7 per cent consume the recommended daily serves of vegetables.¹

Fruit and veggies provide your body with a natural source of vitamins, minerals and fibre, and are a great source of energy!

There are also many studies that support a diet rich in fruit and vegetables as a means of preventing heart disease and stroke.

RECOMMENDED SERVING SIZES²



5 to 6 serves per day

A standard serve is approx. 75g

For example:

- 1/2 cup of cooked green/orange veggies
- 1 cup of raw green leafy salad
- 1/2 medium potato/sweet potato

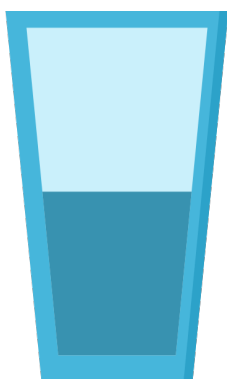


2 serves per day

A standard serve is approx. 150g

For example:

- 1 medium apple, banana, orange or pear
- 2 small apricots, kiwi fruits or plums
- 1 cup of diced or canned fruit (no added sugar)



DRINK PLENTY OF WATER!

Australians are fortunate to have easy access to quality drinking water. Fluoridated tap water also helps to maintain healthy teeth and bones.

Good hydration is essential to maintaining a healthy brain and body, and can improve your concentration and mood.

It is recommended that adults consume 8-10 cups of water each day to remain hydrated and healthy.³

WHY STAYING HYDRATED IS IMPORTANT



Helps you think, concentrate and stay alert



Assists with healthy kidney function



Improves muscle recovery and reduces cramping

¹ Australian Bureau of Statistics: Fruit and Vegetable Consumption ² Eat For Health: Australian Department of Health ³ How much water do we need to drink per day?