



# 8 WEEK HEALTH CHALLENGE

CREATE A HEALTHIER YOU

**WEEK 4  
EAT YOUR 2 & 5**

## Week 4: Eat your 2 & 5

### Your Challenge: Consume 2 & 5 serves of fruit & Veg

Having a nutritious diet is an essential step to having a healthy lifestyle.

Your diet should consist:

Mostly of **fruit & vegetables, breads & cereals**, moderate amounts of **protein & dairy** foods and Minimal amounts of treat foods.

Fruits and vegetables provide us with majority of our necessary vitamins and minerals.

**It is recommended to consume:**

**2 serves of fruit and**

**5 serves of vegetables a day.**

*The key is variety, think of eating the rainbow*

**1 Serve of  
fruit or veg  
looks like:**

**1 serve of veggies...**



1/2 cup  
cooked broccoli



1/2 cup  
cooked carrot



1 cup  
leafy salad



1/2 cup  
sweetcorn



1/2 medium potato  
or sweet potato



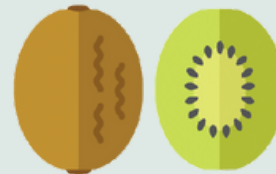
1 medium  
tomato



1 medium  
apple



1 medium  
banana



2 small  
kiwi fruits



1/2 cup (125ml)  
fruit juice  
(but only occasionally)



1 medium  
orange



30g dried fruit  
(but only occasionally)

**1 serve of fruit**

# Healthy Eating Guidelines:

**Australian Government**  
National Health and Medical Research Council  
Department of Health and Ageing

[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

## Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.  
Drink plenty of water.

**Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties**

**Vegetables and legumes/beans**

**Fruit**

**Milk, yoghurt, cheese and/or alternatives, mostly reduced fat**

**Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans**

**Use small amounts**

**Only sometimes and in small amounts**

Link to more information on the healthy eating guidelines here:  
<https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>

## Other Nutrition Tips & Tricks:

### Too many calories are too many calories:

- For example, eating a giant salad containing 2800kJ will result in more weight gain than eating a 300g grilled rump steak containing 2700kJ because you are consuming more energy.
- Eating low fat, “healthy” foods in large amounts, will still result in weight gain.



### Choose lower fat cooking options:

- Such as steaming, grilling, baking without oil and using an air fryer.

### It takes your body and brain around 20 minutes to realise you have eaten food:

- If you eat too quickly you may consume more kilojoules than you need before you start feeling full.
- Try putting your knife and fork down in between bites to slow you down.

Chew your food thoroughly savouring and enjoying it.

## Combating “All or Nothing” Thinking

It is common to think in black-and-white extremes...

Chocolate is bad, carrots are good; one slip-up means you’ve fallen off the wagon. This **distorted thinking pattern** can ultimately harm your efforts to lose weight.

- The best way to avoid these traps is to recognise them. A big clue is hearing yourself say words like **“must” or “never”**.
- Make a conscious effort to replace them with more flexible words, like **“sometimes.”** The more you practice, the easier it will be.

### Consider an All or Nothing Thought:

**“I will never eat pizza again”.**

A Counter Thought would be:

**“I’ll try to choose alternatives to pizza most of the time, but when I do have some, I’ll just have one or two slices and enjoy it”.**