FRUIT AND VEGETABLES ARE GREAT FOR HEALTH.
They're a terrific source of all the substances your body needs to work well and grow.

vitamins  minerals  fibre

They also contain useful starches, sugars, proteins, fats, oils, and water.

Our bodies can't make vitamins or fibre. And we can't absorb minerals direct from rocks. But fortunately for us, plants can!

That's why we need to eat plenty of fruit and vegetables because they contain loads of vitamins, fibre and minerals.

The best way of making sure that we get enough is to eat AT LEAST 5 portions of different fruits and vegetables every day.

FRESH FRUIT and VEGETABLES MAKE GREAT SNACKS

Raw fruit and vegetables are MUCH KINDER TO YOUR TEETH than biscuits, cakes, sweets and fizzy drinks.

The sugar in fruit and vegetables is mostly inside the plant's cells, so there is less direct contact with teeth.

Sticky dried fruit, and fruit juices, are really good for you, but like any sugary food they can cause tooth decay if you eat too much, too often. So it's better to eat or drink them with food, at mealtimes. Diluting fruit juices with water also helps to protect teeth.

Fruit and vegetables are an important part of a balanced diet...

So if you're having a snack, EAT FRESH FRUIT AND VEGETABLES!

VITAMINS
Vitamins are substances that are “vital” for life - that's how they got their name. Our bodies need them for just about everything. Vitamins help our cells to grow and repair themselves. They are needed for healthy muscles, nerves, bones and blood vessels. And they can help us to fight off diseases.

BANANAS
What do Melokan, Arabuska, uska, Joll, Kompera, mukata, pokey, weaves, and uspetsul have in common?

They are among 11 varieties of BANANA grown on the Trinidad Islands, off the coast of Australia.

B Vitamins

You only need tiny amounts of each of the vitamins. But eating too little of even one vitamin can cause a health problem.

As long as you are eating at least 5 fruits and vegetables every day, you will be getting useful amounts of a wide range of vitamins.

ACE = Anti-Cancer & heart disEase

The vitamins A, C and E may protect against cancer and heart disease. They are anti-oxidant nutrients that help to prevent cell damage.
**Vitamin A**
Many fruits and vegetables contain a coloured substance called Beta-carotene. This turns into vitamin A in our body. As a rule, the more deeply coloured the fruit the better!
- Helps protect against damage to body cells and to keep skin healthy
- Helps you to see in the dark
- Good for growth and strong bones, hair and teeth

**Good sources of vitamin A / Beta-carotene include:**
- **FRUIT**
  - mangoes
  - melons
  - apricots
  - guava
  - papaya
  - passion fruit
  - star fruit
- **VEG**
  - carrots
  - leafy greens (e.g. kale, spring greens, spinach)
  - red peppers
  - sweet potato
  - broccoli
  - tomatoes

**B Vitamins** belong to a family.
- B1, B2, B3, B5, B6, B12, folate
  - Help the body to use energy from food
  - Keep the brain, nerves, blood and muscles in good working order
  - Folate (folic acid) is particularly important during early pregnancy

**Good sources of vitamin B include:**
- **FRUIT**
  - banana
- **VEG**
  - peas
  - beans
  - lentils
  - leafy greens (e.g. sprouts, broccoli)

**Vitamin C**
- Helps prevent cell damage and infections
- Helps body to absorb iron
- Helps wounds to heal, and keeps skin and gums healthy

Don't overcook fruit and vegetables because vitamin C is easily destroyed by heat. Raw or lightly cooked (crunchy) is best.

**Good sources of vitamin C include:**
- **FRUIT**
  - blackcurrants
  - kiwi fruit
  - citrus fruits (e.g. oranges, satsumas, grapefruit etc)
  - guava
  - papaya
  - strawberries
- **VEG**
  - leafy greens (e.g. sprouts, kale, spring greens)
  - red & green peppers
  - broccoli

**Vitamin D**
- There is no Vitamin D in fruits and veg. There is plenty in whole milk, margarine, oily fish, eggs and fortified cereals.

Fortunately, your skin can make vitamin D. All it needs is a little sunshine. Don't burn it, though!

**Vitamin E**
- Keeps cells and tissues healthy
- Helps protect cell membranes from damage
- Helps form red blood cells

The main source of Vitamin E is vegetable oils, wholegrain products, nuts etc.

**Good sources of vitamin E include:**
- **VEG**
  - leafy greens (e.g. sprouts, kale, spring greens)
  - broccoli
  - avocados

Don't overcook vegetables because B vitamins are easily destroyed by heat and leak into cooking water. Steaming or microwaving is better than boiling.
Minerals come from rocks, of course we can't eat them. Fortunately, there's a much better way of getting just the right minerals we need. We can eat the fruits and vegetables that have done the rock-eating for us.

Minerals dissolve in ground water, so they are taken up by plant roots and built into their cells. You only need a tiny amount of any mineral, but they're important just the same. A lot of people (mainly young women, but young men as well) are not eating enough Calcium and Iron.

Iron is needed to make red blood cells. It helps to carry oxygen from your lungs to all your body cells. Iron helps muscles to work. But iron can be hard for the body to absorb from food. Having foods and drinks containing vitamin C at the same time makes it easier.

Good sources of iron include:

- FRUIT dried fruit (e.g. figs, prunes, raisins, apricots, peaches)
- VEG pulses (e.g. peas, beans, lentils)
- okra
- leafy greens (e.g. kale, spring greens)
- spring onions

There are lots more minerals you need to stay healthy. But as long as you eat a good variety of fruits and vegetables, you will get a good dose of them every day.

Calcium makes teeth and bones stronger. In the long run, this helps you to avoid fractures. Calcium also helps blood to clot when you are injured, and keeps your heart beating regularly.

Probably the best way of getting enough Calcium is to eat plenty of milk products. You can combine these with fruit and veg e.g. cauliflower cheese, fruit with yoghurt. Sources of Calcium in fruit and veg include:

- FRUIT oranges, dried fruit e.g. figs
- VEG okra
- leafy greens (e.g. kale, spring greens)

Fibre is a bit of a mystery. Scientists are still discovering what fibre does, though they already know it's really important if you want to keep your body working well.

Fibre is found in the walls of plant cells. As it passes through you, it swells up and keeps your intestines in good working order. If you don't eat enough fibre, you will become constipated. You should have plenty of fluids, too. Eating plenty of fibre seems to keep down levels of fats in your blood. In the long run a fibre-rich diet may help to prevent heart disease and some cancers. Fortunately, many fruits and vegetables contain a lot of fibre.

**The best sources of fibre are**

- FRUIT dried fruit (e.g. dates, figs, prunes, plums)
- VEG pulses (e.g. peas, beans, lentils)

These are good too:

- okra
- peas
- sprouts
- broad beans
- parsnips

**Why you should eat leafy greens every day**

Because cabbage, sprouts, broccoli, kale, spring greens and turnip greens are great sources of Vitamin A, B vitamins (including folates), Vitamin C, Vitamin E, Minerals (e.g. Calcium, Iron, Potassium), Fibre

**Raw and lightly cooked fresh fruit and veg are really good for you. So are frozen vegetables. They contain just as much goodness as fresh ones.**

**Canned fruit and veg** usually contain less vitamins, but are also a good choice. Try to buy canned veg with low sugar and salt. Choose fruit in juice rather than syrup.

**Baked beans** are a really good source of fibre, protein and iron.
WHY EAT 5?
People in Britain eat less fruit and vegetables than people in almost any other European country. And we also have one of the highest rates of some cancers and heart disease.

Are these facts connected? Almost certainly, yes. Many doctors and scientists believe that people’s health would improve if they ate plenty of fruit and vegetables.

How much fruit & veg should I eat?
Many health reports have found that everybody should eat at least 400g (about 11b) of different fruits and vegetables every day. The best way is to eat 5 or more portions daily.

Loads of different ways to eat 5 or more portions every day

- Raw
- Cooked from fresh or frozen
- In a pie or flan
- Tinned or stewed
- Dried fruit
- Juices and shakes
- Cooked from dried
- A GLASS OF FRUIT JUICE (150ml) — only counts ONCE per day
- A BOWL OF SALAD
- A PIECE OF A BIG FRUIT
- A COUPLE OF SMALL FRUITS, OR A CUP OF VERY SMALL FRUITS
- A CUP OF DRIED FRUITS
- TWO TABLESPOONS OF RAW, COOKED, FROZEN OR CANNED VEGETABLES
- ONE WHOLE MEDIUM-SIZED FRUIT OR VEGETABLE
- 1/2 — 1 TABLESPOON OF DRIED FRUITS
- 2 — 3 TABLESPOONS OF COOKED OR CANNED FRUIT
- A GLASS OF FRUIT JUICE (150ml) — only counts ONCE per day

WHAT ABOUT POTATOES?
Eat plenty of potatoes, but DON’T COUNT THEM AS ONE OF YOUR 5 PORTIONS.

Potatoes contain vitamins, fibre and minerals. Like bread and cereals, they are a very good source of starchy carbohydrates, which fill you up and give you energy. So eat plenty of potatoes, bread and cereals every day as well as at least 5 fruits and vegetables.

But DON’T count a glass of squash or a fruit “drink” or a fruit yoghurt or fruit and nut chocolate or a tablespoon of jam. There’s just not enough fruit in them to make a portion!