

# FRUIT AND VEGETABLES

Fruits and vegetables are one of the most important components of our diets. They are a rich source of vitamins, minerals and fibre needed for overall good health.

## HOW MUCH SHOULD WE EAT?

Recommendations in the UK state we should aim to eat at least 5 portions of a variety of fruit and vegetables each day.

This was developed from a recommendation from World Health Organisation (WHO) that consuming 400g of fruit and vegetables per day can reduce risks of serious health problems, such as heart disease, stroke and some types of cancer. WHO's role is to promote health and combat disease by developing guidelines based on scientific studies.

## WAYS TO INCREASE YOUR INTAKE

There are many easy ways to eat more fruit and vegetables! For example:

- Add fruit to your breakfast cereal, or mash banana into your porridge
- Add a side salad to your lunch
- Add vegetables to soups, sauces and pasta dishes
- Replace snacks with a piece of fruit or vegetable sticks
- Have fruit and yogurt for a refreshing dessert



Fruit and vegetables taste delicious, but remember... Variety is also important! Try to “eat the rainbow”.



## RED FOODS AND INFLAMMATION

## ORANGE FOODS AND REPRODUCTIVE HEALTH



## YELLOW FOODS AND DIGESTION

## GREEN FOODS AND CARDIOVASCULAR HEALTH



## BLUE-PURPLE FOODS AND COGNITION