

Fresh fruit & vegetables : a healthy eating guide / Tesco Stores Ltd.

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TESCO

Fresh
fruit

A
Healthy
Eating
guide



vegetables

HEALTHY EATING

We all know that a healthy, balanced diet, coupled with a healthy lifestyle are vitally important factors in staying fit and well.

The ideal healthy diet is one that is low in fat, with plenty of fibre-rich, starchy foods (cereals, bread and potatoes) and also vegetables, fruit and salads.

Diets such as these are recommended by the World Health Organisation (WHO) of the United Nations and recent UK dietary guidelines in order to help reduce the risk of coronary heart disease, tooth decay, being overweight, high blood pressure, strokes and even some kinds of cancer.

The WHO recommend eating at least 400g (approximately 1lb) of fruit and vegetables a day. This should include 30g (approximately 1oz) of pulses (beans and peas), or nuts and seeds.

Fresh fruit and vegetables are naturally low in fat, contain only naturally occurring sugars and most are high in fibre. They contain virtually no salt and can also provide an alternative means of flavouring foods.

By eating plenty of fruit and vegetables, not only are you increasing your intake of vitamins, minerals and fibre, you are also reducing the opportunity for eating foods which are high in fat and sugar.

ACTION POINTS

- Try to eat fruit and vegetables at every meal.
- Use them as snacks and in lunch boxes instead of crisps and biscuits. Many come in convenient individual portions, e.g. apples, oranges, carrots, etc.
- Avoid using rich sauces or putting butter on vegetables.

TIPS

Use the following suggestions to ensure you enjoy the maximum nutritional benefit from your fresh fruit and vegetables.

- Eat fruit and vegetables in the freshest possible condition.
- Store fresh fruit and vegetables in a cool, dark, dry place.
- If necessary, peel fruit and vegetables as thinly as possible, since the greatest concentration of fibre is generally contained within the skin.
- Do not slice or shred vegetables too finely.
- Prepare vegetables just before cooking.
- Use the minimum amount of water to boil vegetables - by pressure cooking, steaming or microwaving and use the water to make gravy.
- Place vegetables straight into boiling water (rather than heating from cold).
- Cook vegetables for the shortest possible time - until tender rather than soft, or try stir-frying using just a little polyunsaturated oil.



SOURCES AND SERVING SUGGESTIONS

The charts below detail examples of the nutritional benefits of some fresh fruit and vegetables.

Vitamin A is needed every day to keep skin healthy and to generally improve resistance to infection. It also helps us to see in dim light.

	SERVING SIZE	SERVING SUGGESTIONS
APRICOTS	50g, raw	Delicious raw in fruit salads or added to cereal. Liquidise and use in fruit fools and desserts. Also add to casseroles and use in chutney or stuffing.
BROCCOLI	85g, boiled	Wonderful, lightly cooked as a side vegetable. Mix with cauliflower in a low fat cheese sauce or use florets in stir-fry dishes.
CARROTS	100g, boiled	Use to add colour as a side vegetable, sliced or cooked whole if small. Ideal in casseroles and stir-fry dishes, or raw as a snack.
MANGO	100g, raw	Delicious in exotic fruit salads or fruit desserts. Serve fresh with curries.
SPRING GREENS	100g, boiled	Simple as a side vegetable or use large leaves for stuffing with meat or savoury rice.

The B Vitamins help the body break down carbohydrate, protein and fat to release energy.

BROCCOLI	85g, boiled	Wonderful, lightly cooked as a side vegetable. Mix with cauliflower in a low fat cheese sauce or use florets in stir-fry dishes.
ORANGES	200g, raw	Makes delicious freshly squeezed orange juice. Use the grated zest and juice to flavour desserts and sauces. Alternatively, use the segments in fruit salads or mixed salads.
PEAS	75g, boiled	Serve as a side vegetable plain or boiled with tomatoes and herbs. Use to make pea and mint soup.
SPRING GREENS	100g, boiled	Simple as a side vegetable or use large leaves for stuffing with meat or savoury rice.
SWEETCORN	150g, boiled (on the cob)	Simple, fun starter. Delicious cooked on the barbecue. Use baby sweetcorn to add colour and taste to salads or stir-fries.

Vitamin C is needed every day by the body to help fight off infections and to aid in the healing of wounds. It is also needed for healthy skin.

APPLES	140g, raw	Use sliced to add texture to fruit salads or mixed salads. Can be used in many desserts or pies or baked whole, stuffed with dried fruit.
CABBAGE	100g, boiled	Delicious plain as a side vegetable. Alternatively, serve it sweet and sour with cold meat or stuff the leaves with savoury minced beef. Use raw in salads and coleslaw.
GRAPEFRUIT	150g, raw (½ grapefruit)	Serve segmented for breakfast or as a starter. Sprinkle lightly with sugar and bake.
LETTUCE	35g, raw	Create exciting salads adding other seasonal vegetables or fruit.
ORANGES	200g, raw	Makes delicious freshly squeezed orange juice. Use the grated zest and juice to flavour desserts and sauces. Alternatively, use the segments in fruit salads or mixed salads.
PEPPERS	28g, raw	Use raw in salads or add chopped to stir-fry dishes, casseroles, or vegetable curries. Use whole to stuff and bake. Try yellow and orange peppers for a sweeter taste.
POTATOES (new)	150g, boiled	Excellent source of carbohydrate - useful to cook a few extra to use cold in salads or in stir-fries.

Calcium is above all needed for strong bones and teeth, but also for effective muscle contraction.

	SERVING SIZE	SERVING SUGGESTIONS
BROCCOLI	85g, boiled	Wonderful, lightly cooked as a side vegetable. Mix with cauliflower in a low fat cheese sauce or use florets in stir-fry dishes.
CHINESE LEAF	100g, raw	Use raw in salads or finely shredded in stir-fry dishes.
RHUBARB	140g, stewed without sugar	Refreshing stewed with orange juice and zest. Use wholemeal flour when making crumbles and pies.
SPINACH	75g, boiled	Cook the whole leaf as a side vegetable or to make delicious soup. Use raw chopped in salads.
WATERCRESS	40g, raw	Use raw in salads, for making hot or cold soup, or use as a garnish.

Fibre is needed for a healthy digestive system.

BANANAS	150g, raw	Use in fruit salads, serve with ice cream as a banana split or liquidise with milk for a satisfying milkshake.
BLACKBERRIES	113g, raw	Use in fruit desserts, crumbles and pies and for making jam.
BROAD BEANS	100g, boiled	Serve as a side vegetable or in a low fat white sauce.
PEARS	200g, raw	Use chopped in fruit salads. Poach in wine or serve with a chocolate sauce.
REDCURRANTS	113g, raw	Ideal for adding tang to fruit salads, mixing with other currants and berries to make summer pudding.
SWEETCORN	150g, boiled (on the cob)	Simple, fun starter. Delicious cooked on the barbecue. Use baby sweetcorn to add colour and taste to salads or stir-fries.

Iron is needed for a healthy blood system.

AVOCADO PEAR	145g, raw (half pear)	Simple starter served with vinaigrette dressing, prawns or blue cheese - try low calorie versions. Liquidize to make irresistible dips.
CHINESE LEAF	100g, raw	Use raw in salads or finely shredded in stir-fry dishes.
COURGETTES	100g, raw	Serve as a side vegetable, sliced in casseroles, stir-fries or on kebabs. Simple cooked whole, wrapped in ham in a low fat cheese sauce as a light meal.
SPINACH	75g, boiled	Cook the whole leaf as a side vegetable or to make delicious soup. Use raw chopped in salads.

Low Calorie products with less than 40 Calories (kcal) per serving - can help slimming or weight control only as part of a Calorie-controlled diet.

CAULIFLOWER	75g, raw 10 Calories (kcal)	Eat raw with dips or fondues. Cooked, serve as a side vegetable or in a low fat cheese sauce. Also ideal in curry and vegetable bakes.
CELERY	75g, raw 7 Calories (kcal)	Lightly boil as a side vegetable. Use sliced in salads, stir-fries or casseroles. Keep in the fridge as a snack!
CUCUMBER	56g, raw 6 Calories (kcal)	Use chopped in salads or sliced in sandwiches. Interesting alternative cooked in casseroles! Serve with dips.
MELONS	150g, raw 33 Calories (kcal)	Simple and pretty starter or dessert. Serve with parma ham or cut in half and fill with other seasonal fruit.
MUSHROOMS	75g, raw 70 Calories (kcal)	Ideal as a side vegetable, for breakfast or stir-fried with garlic as a starter. Also irresistible raw in salads, or added to casseroles.
PLUMS	75g, raw 29 Calories (kcal)	Delicious raw or cooked in desserts.

All featured products subject to availability.
Some products only available from our larger stores.

If you have any questions about Healthy Eating, please write to :
Customer Services, Tesco Advice Centre, PO Box 18, Cheshunt, Herts, EN8 9SL

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