

Fruit & vegetables : 5 a day / Tesco Stores Ltd.

Contributors

Tesco (Firm)

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Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>



Healthy Eating

FRUIT & VEGETABLES



**FOOD
ADVICE
SERVICE**

at
TESCO



5 a Day



WHY DO WE NEED TO EAT FRUIT & VEGETABLES?

There are lots of reasons why we should have lots of fruit and vegetables in our diet.

- 1 They are a good source of soluble fibre.
- 2 They contain many of the vitamins and minerals we need.
- 3 They are low in fat.
- 4 They are low in calories as well as being very versatile and delicious!
- 5 Fruits and vegetables are natural sources of the antioxidant vitamins Beta-carotene (a form of Vitamin A), Vitamin C and Vitamin E. These are thought to help protect against free-radicals which can cause damage to the body if present in large amounts. This damage can lead to a number of chronic diseases including heart disease and some cancers.
- 6 Filling up on fruit and vegetables reduces the amount of fatty foods we can eat. This again reduces our risk of getting heart disease and cancer.

"5 A DAY"

'5 a day' is a campaign to increase the consumption of fruit and vegetables by highlighting the reasons why we need to eat them.

We should be eating at least 400g (approx 1lb) of fruit and vegetables a day (not including potatoes). This works out at least 5 portions of fruit and vegetables in any form, fresh, frozen or canned - it doesn't matter. Frozen and canned fruit and vegetables (in water or natural juices) can be just as good for you as fresh.



EATING 5 A DAY

Five portions of fruit a day is easy to achieve. For example:



A glass of fruit juice
for breakfast



A banana for a
midday snack



An apple with
your lunch



2 portions of vegetables with your evening meal

*And with the huge variety of fruits and vegetables
available, you need never get bored!*

EASY WAYS TO EAT MORE FRUIT & VEGETABLES

- Add fruits such as bananas, strawberries or apples to breakfast cereals.
- Process bananas or fresh strawberries and add milk to make a delicious milk shake.
- Add canned or chopped fresh vegetables such as carrots, peas or mushrooms to soups, stews, bolognese sauce or homemade burgers.
- Carrots, leeks, beansprouts, courgettes and broccoli are ideal served topped with a cheese sauce.
- Jacket potatoes make a quick lunchtime snack with chopped pepper, spring onions and grated cheese.
- Give your children fruit for snacks instead of sweets. Bananas, apples, satsumas, small bunches of grapes or small tins of fruit are ideal in lunchboxes.
- Add canned fruit to jellies and top with custard.
- Purée canned fruit and stir into natural yogurt or fromage frais for a quick dessert or snack.
- Don't forget in summer to include vegetable and fruit kebabs at barbecues. Sweetcorn on the cob and baked bananas in their skins go down a treat.

RECIPE CARDS

Look out in store for Tesco Recipe Cards, many of which use fruit and vegetables and are part of Tesco's Healthy Eating campaign.

Looking After your Fresh Fruit & Vegetables.

STORAGE:

1. Eat fruit and vegetables in the freshest possible condition.
2. Store them in a cool dark place.

PREPARATION:

1. Wash and cut, chop or grate just before cooking or eating.
2. If necessary, scrape or peel as thinly as possible. Eat in their skins whenever possible.

COOKING:

1. Cook vegetables in the shortest possible time - until they are tender rather than soft.
2. Use a minimum of water in cooking vegetables - try pressure cooking, steaming or microwaving and use the water to make gravy.
3. Place vegetables straight into boiling water (rather than heating from cold).

Looking After your Frozen Fruit & Vegetables.

STORAGE:

1. Always keep frozen, preferably at -18°C or below.
2. Check the "star" rating on your freezer and compare to the storage instructions on Tesco packs.
3. Do not refreeze fruit and vegetables once they have thawed.

COOKING:

1. For best results, always cook from frozen - see the instructions above for cooking fresh vegetables.
2. Tesco packs give cooking guidelines for boiling and microwaving where appropriate.

Looking After your Canned Fruit & Vegetables.

STORAGE:

1. Store unopened cans in a cool dry place.
2. Put any left over fruit or vegetables from an opened can into a plastic container. Seal the container and store it in the fridge. Eat the fruit or vegetables within 24 hours of opening the can.

COOKING:

1. See the instructions on the labels.

For more information write to:
Food Advice Service,
Tesco House, P.O. Box 18,
Cheshunt, Herts EN8 9SL.
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