

**Enjoy fruit & veg : eat well, feel well, be well / Health Education Authority, Europe Against Cancer.**

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# **E**NJOY FRUIT & VEG



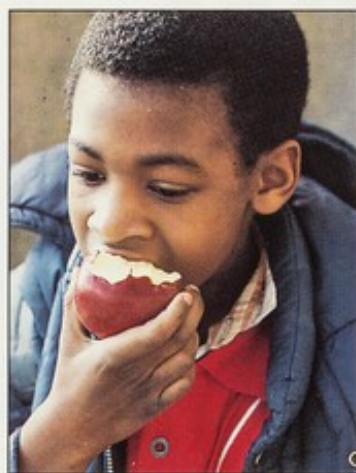
**EAT WELL, FEEL WELL,  
BE WELL.**





**THIS LEAFLET TELLS YOU MORE ABOUT FRUIT AND VEGETABLES –  
WHY THEY ARE GOOD FOR YOU,  
AND HOW TO ENJOY EATING MORE OF THEM.**

*Fruit & Vegetables help you grow big and  
strong, that's what my mum told me and  
that's what I tell the kids.*



Fruit and vegetables are an important part of a balanced diet – they contain some fibre and lots of vitamins and minerals, and these help to keep you healthy. Fruit and vegetables are low in calories and can fill you up – handy if you want to watch your weight. They also taste good, come in lots of different varieties, and they don't have to be expensive. There's no more convenient snack

than an apple, and it need not cost any more than a chocolate bar. But if you want a real treat, you can splash out on exotic fruit like fresh pineapples, or melons.

*Boiled cabbage is revolting –  
I'd rather die than eat that.*

Vegetables don't have to be pale, tasteless and mushy – unless you overcook them that is! Try cooking them in a little water until just tender, steam them, do them in the microwave, or stir fry with a very little oil. Salads can be cool, crunchy and colourful – try chopped peppers, spring onions, radishes, mushrooms, sweetcorn or raw cauliflower and carrots, as well as the usual lettuce and tomatoes.

In winter, when you want something hot, try adding root vegetables like parsnips to stews or soups. And don't forget the trusty potato, baked or boiled. If you're worried about fresh vegetables going off – try buying small amounts, and store them in a cool, dark dry place. Markets can be good places to hunt for bargains.





Frozen veg has been hanging around for ages,  
there's nothing left in it that's really good  
for you by the time you eat it.

You might be surprised to know that frozen vegetables are just as good for you as fresh – and they can be quick, convenient and economical too. They don't go mouldy or need chopping and scrubbing, and there's no waste with peelings and so on.

My husband will only eat mushy peas,  
even with the Christmas turkey.

Tinned vegetables also make a good store cupboard standby – and again they can be handy and good value because you don't have to worry about waste or spend ages preparing and cooking them. Not everything in tins is "junk food" – most kids love baked beans, and they're packed with fibre. Try tinned tomatoes and sweetcorn too.

I LOVE FRUIT, SO I EAT IT EVERY DAY. YOU  
CAN'T BEAT A LOVELY BOWL OF FRUIT ON THE  
SIDEBOARD – IT  
LOOKS A TREAT.

Most people are quite keen on fruit – and it does make a tasty pudding or snack. In summer, fresh strawberries or peaches make a nice juicy treat and apples,



oranges and bananas make good snacks all year round. They can also be chopped and added to breakfast cereals. Traditional hot puddings can still be healthy – try apple crumble made with wholemeal flour, or baked apples stuffed with sultanas.

Tinned fruit in its own juice is a good alternative to instant packet puddings. It can work out cheaper than fresh fruit, and tinned mandarin oranges in jelly go down well with a lot of children. Dried fruit like apricots or prunes can be stewed and served with custard for a warming winter pudding while currants, dates and raisins can be added to lunch boxes – they're not messy to eat.



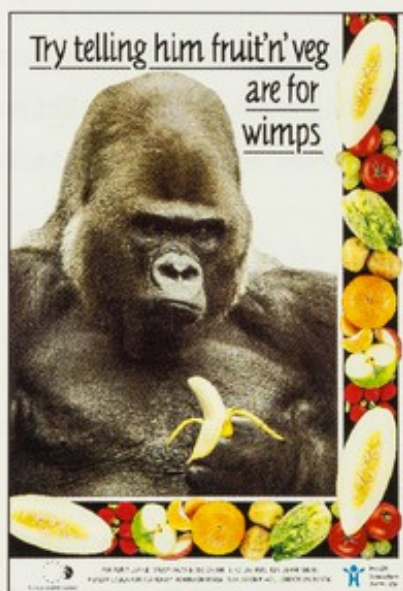




*One son hates broccoli, the  
other won't touch spinach -  
what can I do?*

Some people spend ages nagging their families to improve their eating habits, and still feel like they're getting nowhere. But you don't have to become a health fanatic, chewing on mounds of rabbit food, to get the benefits of eating more fruit and vegetables. Try making a few small changes – there are so many sorts to choose from, there are bound to be some you'll enjoy.

*my mum knows  
I'm not keen on  
carrots so she  
makes me cauliflower  
cheese and jacket  
potato instead.*



**EAT MORE FRUIT AND VEGETABLES  
FRESH, FROZEN OR TINNED**



Health  
Education  
Authority



Europe against cancer

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