

**Fruit & vegetable facts : eating more fruit & veg is important for us all, but how many of us actually manage to eat 5-a-day?**

**Publication/Creation**

[Place of publication not identified] : [publisher not identified], [2013]

**Persistent URL**

<https://wellcomecollection.org/works/u4fsrwwg>

**License and attribution**

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).

**wellcome  
collection**

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

# FRUIT & VEGETABLE FACTS

EATING MORE  
FRUIT AND VEG  
IS IMPORTANT  
FOR US ALL, BUT  
HOW MANY OF US  
ACTUALLY MANAGE  
TO EAT 5-A-DAY?



KNOW  
YOUR  
FOOD

**FRUIT AND VEG ARE  
PACKED WITH ESSENTIAL  
VITAMINS, MINERALS AND  
FIBRE WHICH MAY HELP  
REDUCE THE RISK OF NASTY  
DISEASES LIKE CANCER  
AND HEART DISEASE.**

So it's important to eat a variety of at least five portions of fruit and veg every day.

What's more, it can be easier than you think to get your five portions of fruit and veg. Canned, frozen, 100% juice and dried fruit and veg all count towards 5-a-day as well as fresh produce. You can keep the costs down too by buying canned and frozen fruit and veg which doesn't go off as quickly, and buying fresh fruit and veg when it's in season is usually cheaper.

There are so many ways of getting your five portions a day. Why not try adding vegetables to favourite foods such as spag bol or mixing them into a sauce to give it more colour and flavour. Or, how about having a handful of tasty raisins as a snack?

**GET THE BEST FROM  
YOUR 5-A-DAY**

With so many quick ways of racking up your 5-a-day, there are a few tips to bear in mind:

- Try **steaming** your vegetables not boiling, as this will retain more of the vitamins
- Eat fresh fruit and vegetables **quickly**, don't leave them in your fruit bowl for weeks!
- Eat a **rainbow of fruit** and vegetables!



**KNOW  
YOUR  
FOOD**