

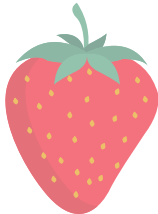
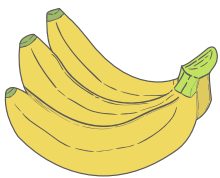
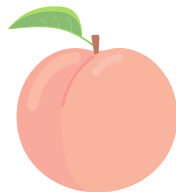
# FRUITS & VEGETABLES

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## 6 CATEGORIES OF FRUIT

1. **Pomme** - Apple, pears
2. **Citrus** - Oranges, mandarins
3. **Stone fruit** - Cherries, peaches
4. **Tropical fruit** - Bananas, pineapples
5. **Berries** - Strawberries, raspberries
6. **Other** - Passionfruit, grapes



## 4 CATEGORIES OF VEGETABLES

1. **Dark green** - Broccoli, snowpeas
2. **Root/bulb** - Potato, carrot, beetroot
3. **Legumes/beans** - Kidney beans, lentils
4. **Other** - Tomato, cucumber



## WHY ARE FRUITS & VEGETABLES SO IMPORTANT?

Fruits and vegetables provide the body with essential nutrients such as:

- Vitamins
- Minerals
- Fibre
- Folate

To get the best quality fruits and vegetables, it is best to choose **fresh** produce

Frozen or canned fruits and vegetables can be used for a greater variety

Choosing a **range of colours** will provide your body with a variety of **essential nutrients**

Aim for every serve of fruits and vegetables to be a different colour

## BENEFITS OF FRUITS & VEGETABLES

Meeting the serves of **2 fruits** and **5 vegetables** per day can reduce the risk of:

- Stroke
- Heart disease
- Some types of cancer
- Constipation
- Other digestive problems
- Inflammation

