



**5** to **TEN**  
yes, you can!

# Veggies and Fruit

*True or False?*

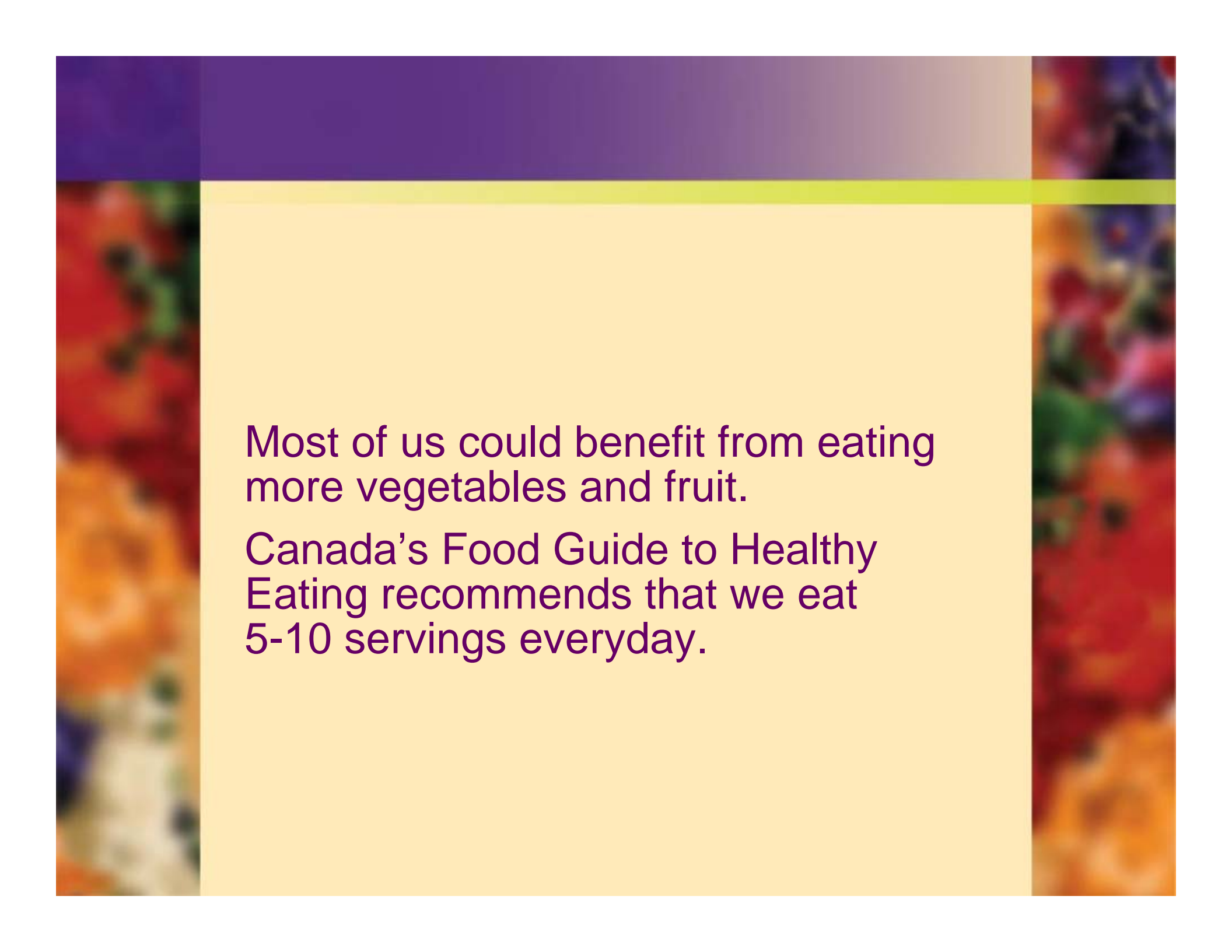
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Most of us could benefit from eating more vegetables and fruit.

Canada's Food Guide to Healthy Eating recommends that we eat 5-10 servings everyday.

## How Much Do You Eat?

If you eat less than 5 servings a day, make **5** your goal.

If you already eat 5 servings a day, then make **7** your goal. You get the picture!

Learn how to add more vegetables and fruit to your diet by answering the following True and False questions.



1

The 3 most common types of fresh fruit purchased in Canada are: apples, oranges, and bananas.

True.

According to Statistics Canada (2003), these fruit make up about 50% of all fresh fruit purchased.

Although apples, oranges, and bananas contain lots of nutrients, phytochemicals, and dietary fibre, it's important to eat a wide variety of fruit and vegetables to get even more of these health-promoting substances.

## Be adventurous and try something new

Fortunately, we can purchase a wide variety of vegetables and fruit in Canada because of year-round growing, packing, and shipping of produce from around the world. Plus, Canadians come from many ethnic backgrounds whose food traditions may be unique.



## A World of Choices...

### Examples:

- Cut a South American papaya in half and fill with other fruits, salad, or yogurt.
- Prepare Baba Ghanouj, an Indian dip, made with eggplant and tahini.
- Add cut-up guava, kumquat, or mango to salsa, chutney, or low-fat frozen yogurt.

## More Examples...

- Try a Chinese cabbage spring roll. Wrap up shallots, mushrooms, garlic, and parsley in blanched cabbage leaves.
- Prepare a Middle Eastern tabouleh salad with tomatoes, parsley, and bulgar.
- Blend pineapple, mango, and yogurt for an Indian Mango Lassi beverage.



2

Eating 5 to 10 servings of vegetables and fruit a day will help you reach and keep a healthy body weight.

True.

To lose weight, you must eat fewer calories than your body uses.

This means replacing foods of higher energy density (e.g. French fries and rich desserts) with foods of lower energy density (e.g. vegetables and fruit). The water and fibre content in vegetables and fruit add volume but not a lot of extra calories. This helps you feel full longer.

## A Closer Look at Calories

Most servings of vegetables and fruit contain less than 100 calories (kcal):

- ½ cup green beans - 14
- ½ cup carrots (28), broccoli (26), or bell peppers (20).
- 1 medium-sized peach - 37
- ½ cup blueberries - 43
- ¼ cup or a small box of raisins - 100

## Comparing Apples and Candy

Compared to the calories contained in 1 chocolate bar (270), most servings of vegetables and fruit are only  $\frac{1}{3}$  -  $\frac{1}{4}$  the calories but with much more nutritional punch!



## Add Flavour, Not Fat!

Limit fruits and vegetables prepared with high-fat and high-calorie ingredients such as:

- fried vegetables and fruit, such as French fries or banana chips
- cooked vegetables with cream sauces, butter, or cheese
- fruit pies or fruit with whipped cream
- high-fat dips and creamy salad dressings for raw vegetables

Instead, use *low-fat* dips and sauces more often.

# Spice up Your Vegetables



“Kick up” the flavour of your vegetable dishes with these low-fat seasonings:

- fresh herbs (thyme, tarragon, rosemary, dill, parsley, or basil)
- honey
- lemon juice
- grated orange peel
- salsa
- parmesan cheese
- a few raisins, sliced almonds, or pine nuts

3

There is very little to choose from when it comes to eating fruit for dessert.



False.

There are lots of ways to add a serving of fruit to your dessert selections, such as:

- Top pudding, ice cream, or frozen yogurt with berries.
- Prepare a fruit salad that includes “new-to-you” fruit, like papaya or kiwi fruit.
- Make fruit toppings for pancakes, waffles, or crepes.



## More Fruit Desserts...

- Grill fresh pineapple rings on the BBQ.
- Have “make your own sundae” night that includes fresh, frozen, or canned fruit such as: strawberries, bananas, blueberries, peaches, etc. Top with a few heart healthy nuts and low-fat whipped topping.
- Freeze fresh grapes and serve with a little low-fat sour cream and brown sugar.

## The Bottom Line

The next time you are shopping for groceries, eating out, thinking about your weight, and planning what to have for dessert...

*Think*  
*Vegetables and Fruit!*

## Website Resources

### 5 to 9 a Day for Better Health

[www.5aday.gov/homepage/index\\_content.html](http://www.5aday.gov/homepage/index_content.html)

### 5aDay Program

[www.cdc.gov/nccdphp/dnpa/5ADay/index.htm](http://www.cdc.gov/nccdphp/dnpa/5ADay/index.htm)

### Meals for You

[www.mealsforyou.com](http://www.mealsforyou.com)

*Search for recipes according to preparation time and taste.*

## Other Resources

Latest HealthIssues newsletter  
*5 to TEN – Yes, You Can!*

Latest brochure  
*Vegetables and Fruit  
Naturally Nutritious and Delicious*

Other electronic presentation  
*Vegetables and Fruit:  
What's Stopping You?*

## Key References

Nutrient Value of Some Common Foods

[www.hc-sc.gc.ca/food-aliment/ns-sc/nr-rn/surveillance/pdf/e\\_NVSCF\\_eng.pdf](http://www.hc-sc.gc.ca/food-aliment/ns-sc/nr-rn/surveillance/pdf/e_NVSCF_eng.pdf)

Consumer Trends for Fruit and Vegetable Products for 2002. Retrieved March 10, 2005 from <http://www1.agric.gov.ab.ca>

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