

Vegetables and Fruit

Nature's Fast Food



Test your veggie and fruit know how!

True or False

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| 1. Vegetables and fruit are always better for you if you eat them raw. | T __ F __ |
| 2. Fresh vegetables and fruit have more nutrition than frozen or canned. | T __ F __ |
| 3. If you drink orange juice or eat oranges, you won't catch a cold. | T __ F __ |
| 4. Eating vegetables and fruit is better than taking a vitamin supplement. | T __ F __ |
| 5. Organic vegetables and fruit are safer and healthier. | T __ F __ |
| 6. Today's vegetables and fruit aren't as nutritious because they are grown in depleted soils. | T __ F __ |

1. False. Raw vegetables and fruit are not always better. Our bodies can't use the nutrients in some raw foods like carrots, because the crisp fibre locks them inside. Cooking softens the fibre so the nutrients are more available. Cooking may cause vegetables and fruit to lose some vitamins and minerals; however, the amount lost is small. Whether raw or cooked, veggies and fruit are a healthy choice!

2. False. Although many people prefer the taste, texture, and colour of fresh vegetables and fruit, studies have found very few nutritional differences (canned vegetables, however, may have more salt).

3. False. Oranges are an excellent source of vitamin C. Vitamin C is important for healthy tissues, iron absorption, and for its antioxidant properties that help protect against cancer and heart disease. There is little evidence that it can prevent or cure the common cold. In fact, taking large amounts of vitamin C can be harmful.

4. True. Supplements cannot replace vegetables and fruit or a healthy diet. Vegetables and fruit give your body a balanced mix of nutrients. They include vitamins and minerals as well as phytochemicals, antioxidants and other natural compounds that protect you from disease.

5. False. Organic food has no more nutrition than regular food. Some foods have small non-significant differences, e.g., organic fertilizer increases iron, phosphorous and sodium in spinach, while conventionally grown spinach has more calcium. Like regular foods, organic food is safe but not free of risks. Pollution and natural pesticides stay on vegetables and fruit so wash organic and regular produce well.

6. False. The vegetables and fruit we buy at the grocery store are healthy and nutritious. If soils were nutrient deficient, the plants wouldn't receive the basic elements needed to grow and mature. If anything, our crop lands are healthier because of improved farming practices.

Answers: