



MEDIA RELEASE
For immediate release

1st June 2016

Stay well this winter with seasonal fruit

Eating well is the first line of defence keeping winter illness at bay, says 5+ A Day.

Falling temperatures bring a spike in seasonal colds, but the fruit bowl can help to ward off winter illness. Fresh seasonal fruit provides many vitamins and minerals vital for a healthy immune system.

Kiwifruit, tamarillos and oranges all contain high levels of vitamin C, which, as well as helping to ward off winter colds, is vital in other ways. It helps keep your teeth and gums healthy and helps you absorb iron. It is also vital in the production of collagen, the 'cement' that helps build muscles, vascular tissues, bones and cartilage.

Here are some other reasons why kiwifruit, tamarillos and oranges are essential eating this winter.

Kiwifruit

Green and gold are the two main kiwifruit varieties grown in New Zealand. Research by Zespri, the world's biggest marketer of kiwifruit, has uncovered numerous health benefits of this furry fruit. The most recent study found kiwifruit may help to reduce tiredness and stave off hunger pangs between meals. But that's not all.

- **Low in calories** -- A serving of kiwifruit has fewer than 110 calories. By choosing foods that are low in calories but high in volume, you can eat more and feel fuller.
- **Digestive health** -- Kiwifruit has a unique combination of fibre and other components that improves digestive health function and comfort.
- **Potassium** – Found naturally in kiwifruit, this mineral is essential for the proper functioning of your cells, including your nerves. It also helps maintain normal muscle function.

Tamarillos

The fruit formerly known as tree tomatoes comes in two varieties – red and yellow – with red being the most popular. They offer a range of health benefits, mainly due to the antioxidants they contain.

- **Low fat** – Fruit is an important part of a healthy, balanced diet. Replacing high-calorie snacks with fruit, like tamarillos, can help you lose weight, and then keep it off.
- **Antioxidants** – Tamarillos are a good source antioxidants that protect against free radicals and other reactive oxidants. It is thought antioxidants can help prevent chronic diseases such as cancer, heart disease and cataracts.
- **Vitamin A** – Vitamin A plays a role in maintaining your vision, immune function and skin health. It is also important for bone metabolism and the production of blood cells. A serving of tamarillo provides 15 percent of your recommended daily intake of vitamin A.

Oranges

New Zealand grows some of the best citrus in the world. From juicy mandarins and zesty

lemons to the irresistible sweetness of navel oranges, citrus fruit has an abundance of minerals and vitamins vital for healthy winter living. Oranges are popular during winter due to their high vitamin C content. But there are other reasons for including oranges in your diet.

- **Folate** – One orange contains 28 percent of the recommended daily intake of folate, which promotes brain development, keeping it in mint condition. Oranges also contain phytonutrients called polyphenols, which help your brain's learning and memory functions.
- **Niacin** – Niacin, or vitamin B-3, helps fuel your metabolism, aids in proper blood circulation and supports your nervous system. A medium orange contains about 12 percent of the daily niacin you need.
- **Carotenoids** – Pigments known as carotenoids are responsible for the orange and yellows hues of many fruit and vegetables. They are also important for a healthy heart, protecting against some cancers, a healthy immune system, good vision and healthy skin.

Winter fruit salad with honey comb and chia seeds

2 oranges, peeled and chopped
2 green kiwifruit, peeled and chopped
2 gold kiwifruit, peeled and chopped
2 persimmon, peeled and chopped
2 nashi pears, cored and chopped
Fresh mint leaves, torn
1 tablespoon of white balsamic vinegar (optional)
1 wedge of honeycomb (or a couple of tablespoons of other honey)
Chia seeds (optional)

Method

Combine chopped fruit in a large bowl. Drizzle balsamic vinegar over fruit and gently toss to combine. Sprinkle mint leaves over the top. To serve, sprinkle over chia seeds, and add the wedge of honeycomb, or drizzle over honey.

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About the 5+ A Day Charitable Trust

The 5+ A Day Charitable Trust was formed in 2007 with the beneficiaries being the children of New Zealand. The Trust is committed to increasing the consumption of fresh fruit and vegetables for better health in all New Zealanders. 5+ A Day focuses its work in the education setting. Curricula-linked resources promoting awareness, understanding and knowledge of the importance of eating 5+ A Day are produced and distributed free to educators.

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