

The  
**5+ A Day** Est. 2007  
Charitable Trust

# 5+ A Day at work

Working fresh fruit  
and vegetables  
into your day

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*Many fruit and vegetables are a natural source of B vitamins – useful for energy levels and reducing tiredness.*

Just like a car needs the right fuel to run well, we need fresh fruit and vegetables to get the best out of our bodies for focus, energy levels and our overall wellbeing.

Include five or more servings of fresh fruit and vegetables every day and the feel the difference that 5+ A Day makes to your day!

A serving is about a handful



Aim for two handfuls of fruit and three or more handfuls of vegetables every day.



Be prepared

#### Tips to reach your 5+ A Day target at work

- Keep a bag of salad greens and balsamic dressing in the work fridge – an instant salad to accompany any lunch
- Steam or stir-fry extra vegetables with dinner and set aside for lunch
- Start an office fruit bowl; everyone buys one variety
- Find a fresh fruit and vegetable retailer within walking distance of your work
- Keep fresh vegetable sticks and hummus in the fridge at work for a mid-afternoon snack

## Make a positive change

By replacing processed snacks with wholesome homemade options, you could save money and improve your health too.

Fresh vegetables and fruit are low in saturated fat and high in fibre and water – helping you feel full without the extra calories.

### BOUGHT LUNCH

– \$9.00

Sausage roll, muffin and store bought juice  
45.3g fat (11 tsp)  
89.3g sugar (22 tsp)  
7.2g fibre



### HOMEMADE LUNCH

– \$3.70

Wholemeal wrap, vegetable sticks and hummus, a kiwifruit and water  
7.7g fat (2 tsp)  
22g sugar (5 tsp)  
13.7g fibre



### Fresh fruit and vegetables or juice ?

*One apple provides around 10% of your daily fibre needs – keeping you fuller for longer. Much of this fibre is lost during processing into fruit juices.*

*One 350ml juice may contain 10 teaspoons of sugar.*



### Easy snack ideas

#### A balanced snack will keep you going on a busy day

- Mashed avocado on wholegrain crackers
- Natural yoghurt with chopped fruit, nuts and seeds
- Leftover roast vegetables with salsa
- Homemade beetroot hummus with vegetable sticks
- Banana with peanut butter



## Sandwiches, wraps and rolls

### Keep lunch interesting with these filling ideas

- Mexican wrap – black beans with lettuce, mushroom and fresh mango
- Leftover roast vegetable sandwich – try eggplant, courgette and capsicum with light honey mustard
- Mashed avocado with boiled egg, lettuce and tomato
- Grated raw carrot, beetroot, fresh mint and pumpkin seeds
- Rice paper rolls with fresh herbs and vegetables like carrot, capsicum, thinly sliced cabbage, coriander, rice noodles and cooked chicken for protein

### *Eat your colours every day*

*Different colours of fruit and vegetables provide a range of health protecting phytonutrients, helping to defend our body from chronic diseases, such as heart disease and certain cancers.*

## Fresh, seasonal lunch ideas

- Frittata made with spinach and kumara. Make on a Sunday and freeze portions
- Summer salad-mix greens with in-season vegetables and top with sliced strawberries, raw nuts and lemon dressing
- Eggs on toast with avocado and spinach
- Baked kumara stuffed with canned chilli beans – cook in the oven or microwave
- Smoothie bowl topped with raw nuts or natural muesli – blend in the morning and refrigerate
- Vegetable soup – cook a batch and store in jars for no-spill transport









Visit [www.5aday.co.nz](http://www.5aday.co.nz) for more lunch ideas and recipes.

*Eat a piece of fruit with lunch and increase your absorption of iron, important for energy levels and immunity.*

## Why should we eat fresh fruit and vegetables every day?

Fresh fruit and vegetables provide our bodies with a wide range of nutrients, helping to keep us healthy, both mentally and physically.

The list below describes some of these key nutrients and their fruit and vegetables sources.

Nutrient name	Role in our body	Vegetable sources	Fruit sources
 Fibre	Supports digestion and helps us feel full without adding calories	Most vegetables contain fibre, especially artichokes, green peas and kale	Most fruit contain fibre, especially passionfruit, pears and strawberries
 Vitamin C	Helps our body absorb iron from food Supports healthy immunity and acts as an antioxidant – protecting the body's cells	Broccoli, cabbage, capsicum, cauliflower, courgette, fennel, kale, kohlrabi, leeks, peas, potato, puha, pumpkin, silver beet, swedes, tomatoes, turnip	Most fruit, especially blackberries, blackcurrants, citrus fruit, honeydew melon, kiwifruit and strawberries
 B Vitamins	Help our body release energy Support a healthy brain and nervous system	Most green vegetables and butternut, cabbage, capsicum, carrots, corn, kumara, mushroom, parsnip, taro, tomatoes, yams	Apricots, avocado, banana, oranges, peaches, strawberries
 Folate	Supports healthy growth and development, especially important during pregnancy	Most green vegetables and beetroot, buttercup, capsicum, gold kumara, squash, taro, yams	Avocado, boysenberries, kiwifruit, mandarins, mango, oranges, strawberries
 Vitamin A (carotenoids)	For healthy skin, eyesight and other cells of the body	Orange, yellow and green vegetables eg. broccoli, carrots, gold kumara, kale, puha, pumpkin, silver beet, spinach	Yellow and orange fruit, especially apricots, mango, and peaches
 Vitamin E	Acts as an antioxidant to protect the body from free radicals	Broccoli, pumpkin, silver beet, taro, tomatoes	Avocado, apricots, blackberries, kiwiberry, nectarines, peaches
 Potassium	Helps with muscle contraction and nerve function For healthy water balance of the body	Most vegetables contain potassium	Most fruit contain potassium especially avocado, banana, honeydew melon
 Iron	An essential part of red blood cells for moving oxygen around the body Supports brain development and functioning	Broad beans, snow peas, spinach	

Fresh fruit and vegetables contain many different antioxidants, vitamins and minerals, however, to be classified as a source it must contain at least 10% of your Daily Recommended Intake (RDI).



## 5+ A Day Workplace Wellness Hub

Check out our Workplace Wellness Hub on our website [www.5aday.co.nz](http://www.5aday.co.nz) to find practical tools and ideas to improve wellbeing and productivity at work.

Focussing on wellbeing provides benefits for employers and employees. In a recent survey (Nielsen Research November 2016) 72% of workers surveyed agreed that eating a healthy lunch makes them feel more productive in the afternoon.

### Share a lunch

Why not share lunch on a Friday or once a month? If everybody brings one item (for example a bunch of asparagus or an avocado when in season) a shared lunch can be a healthy and cost effective option.



Join us on social media @5adaynz for fresh inspiration and giveaways. Tag us in to your fresh fruit and vegetable photos and use our hashtag #5adaynz.



Visit [www.5aday.co.nz](http://www.5aday.co.nz) for fresh recipes, fun facts and nutrition information.