

The
5+ADay Est. 2007
Charitable Trust

Eating
5+ A Day
Every Day

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fresh inspiration, recipes and giveaways



5+ A Day is great for everyone!

*We all know fruit and
vegetables are important
for our health and to help
us feel good.*



Why?

- Fruit and vegetables contain fibre, important for healthy digestion and to help prevent constipation and bowel cancer
- They have vitamins and minerals, such as folate, beta-carotene (which the body uses to make vitamin A), potassium and vitamin C
- They're packed with a variety of antioxidants that help stop free radicals attacking our cells, causing damage that can lead to health problems such as heart disease, strokes and cancer
- They're low in kilojoules but they fill us up, so they can help us control our weight
- And last but not least – fruit and vegetables taste great! They add colour, texture and interest to our meals and snacks

Research shows eating fruit and vegetables is great for health

- A plant-based Mediterranean diet, high in vegetables and fruit, has been the subject of much research. One study found that after spending four years on the Med diet, study subjects not only cut their risk of developing type 2 diabetes by 52%, but they also reduced their susceptibility to stroke and heart disease by 30%, when compared to the control group on a low-fat diet
- The Dietary Approaches to Stop Hypertension (DASH) diet is another way of eating that's high in vegetables and fruit. Research has found that people with high blood pressure who followed this diet reduced their blood pressure as much as medications can achieve

Eat a variety of types and colours of fruit and vegetables to give your body the mix of nutrients it needs. Try dark leafy greens; brightly coloured red, yellow and orange vegetables and fruit. Include raw and cooked fruit and vegetables in your diet for maximum benefit.



What is a serving?



A serving is about a handful, everyone uses their own hand to measure, making a child's serving smaller than an adult's.



Did you know?
A diet high in fruit and vegetables benefits heart health.

How to get more fruit and vegetables into every meal

Breakfast

- Add greens to egg dishes – steam or stir-fry spinach, rocket, silver beet or kale and serve with scrambled, poached or fried eggs
- Make yummy overnight oats – grate apple or carrot and add to oats with nuts and top with kiwifruit. Soak in milk or water overnight and enjoy in the morning with more fruit and yoghurt
- Keep a container of chopped fruit in the fridge so it's super easy to add to cereal or porridge for the family
- Use leftover vegetables in omelettes for weekend breakfasts. Almost any vegetable works; add cheese and tomatoes to make it extra tasty



Lunch

- Cut up vegetables at the start of the week so it's quick and easy to make a salad to go with any lunch. Mix up a home-made vinaigrette at the same time; add toasted nuts or seeds when you assemble the salad
- Fruit and vegetables make great toast toppers for quick lunches. Try banana with peanut butter or ricotta; pears with cream cheese or tomatoes with feta and chilli oil
- Make a tasty roast vegetable salad with cooked pasta, colourful seasonal vegetables and a dressing of lemon, olive oil and chilli
- Try Mexican-style soft tacos for a quick and yummy lunch; fill with grated vegetables, fish or chicken, fresh salsa and sour cream



How to get more fruit and vegetables into every meal

Dinner

- Get creative with slaw! Try grating different vegetables and fruit - try beetroot, apple, pear, carrots, courgettes and fennel. Add toasted seeds and a tangy yoghurt dressing
- Make a creamy mushroom sauce to go with a steak. Sauté mushrooms, add a little light cream, season with pepper and garnish with chives
- Try Portobello mushroom burgers by replacing the buns with grilled mushrooms
- Try different colourful options instead of mashed potatoes. Steam or roast, then puree. Try carrot, pumpkin, or parsnip in winter, or make a vibrant broad bean and pea puree in summer
- Have fun with zoodles! Use a julienne peeler or spiralizer to make 'noodles' from courgette, kūmara, pumpkin or carrot. Serve with tomato pasta sauce



Mix vegetables with fruit

Make extra salad for dinner to take to work for lunch the next day, all these recipes are on our website www.5aday.co.nz, try;



Pear and Persimmon

Pear and Spinach



Asparagus, Strawberry
and Rocket



Potato and Tomato



5+ your lunchbox! Fun ways to get fruit and vegetables into kids' lunchboxes

COURGETTE SLICE

Salad
Vegetable Sticks
Banana



3 of your 5+ A Day

WRAP (with egg, lettuce and carrot)

Cherry tomatoes
Cubed cheese
Salad
Carrot and capsicum sticks
Kiwifruit
Berries



3 of your 5+ A Day

SANDWICH (salad and cottage cheese)

Vegetable Sticks
Hummus
Mandarin
Kiwifruit



3 of your 5+ A Day

“I’m not eating that!”. Tips to get kids eating fruit and vegetables

Parents the world over sometimes struggle with getting kids to eat fruit and vegetables. Here are some tips that can help create a 5+ A Day family.

- Eat together! Research has shown children who sit down at the table with the family for meals eat more fruit and vegetables than those who don't
- Be a great role model. Kids who see their parents enjoying plenty of fruit and vegetables will be more likely to give them a try
- Grate vegetables into spaghetti sauce, mince patties, pastas and soups
- Start small. With new foods, such as vegetables, offer a small serving to start with. Young children are naturally wary of new tastes, so try one new thing at a time so they don't get overwhelmed
- Try including fruit in main meals; this can have more appeal to kids. Fruit in side salads, fruit salsas on the side with meat or Mexican dishes can help kids eat more vegetables, too
- Keep trying! It can take up to 15 tries for a child to accept the taste of a new food. Keep putting it on the plate, and don't make a big deal out of it. If you get a hard no, try again after a break of a week or two



Unexpected vegetable snacks

Try these ideas to get more vegetables into your day...

- Spread a piece of wholegrain toast with cottage cheese and top with sliced tomato, basil and a sprinkle of chilli flakes
- Mash avocado with yoghurt, lime juice, salt and cumin. Serve with rice crackers
- Use thick cucumber slices as a base and top with cream cheese and smoked salmon
- Serve radishes with a dip of creamy tahini and yoghurt mixed together
- Crumb asparagus or courgette with flour, egg and breadcrumbs mixed with parmesan and black pepper. Spray with oil and bake in a hot oven until crispy





Delicious fruit desserts

Fruit-based desserts are a healthy sweet treat...

- Make quick free-form tarts with in-season fruit. Spread ready-made pastry with ricotta. Add sliced fruit and bake in the oven. Try stone fruit or berries in summer and apples, pears or citrus fruit in winter
- Smoothie bowls using blended fresh fruit topped with grapes, coconut and nuts
- Don't underestimate the appeal of an old-fashioned fruit jelly! Set your favourite fruit in low-sugar jelly in individual dishes



- Cobblers and crumbles make comforting winter puddings. Top mixed fresh or frozen fruit with oat-based crumble or cobbler mixes. Serve with plain yoghurt
- Make your own fruity popsicles in summer. Blend berries and stone fruit with yoghurt until smooth, and freeze in ice block moulds for icy sweet treats. Add seasonal fruit when available like passionfruit and feijoa
- Make fruit tropical ice cream by chopping fruit and freezing over-night and then blending into a creamy consistency. Try banana, pineapple, kiwifruit and mango





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Visit www.5aday.co.nz for fresh recipes, fun facts and nutrition information.