

Fresh Fruit Nature's Perfect Snack

Fresh fruit is great for our health and it is recommended that adults eat two handfuls or pieces of fruit every day.

The
5+ A Day Est. 2007
Charitable Trust

5+ @ DAY 
fresh fruit & vegetables

Fads and myths

We see fads come and go and taking fruit out of your daily diet completely because of the myth that it is too high in sugar simply does not add up.

Fruit facts and the different sugars

- Fruit does not contain refined sugar, it contains fructose
- Fructose from fruit has a lower glycemic load than refined sugar – meaning it is released into the body more slowly
- Refined sugar can be found in things like biscuits, cakes, fizzy drinks, muesli bars, lollies, cordial and should be limited

So what is so good about fresh fruit?

There are loads of other things in fruit that are great for us including vitamins, minerals and antioxidants to help us stay healthy and stop us getting sick; fibre, to help keep our gut healthy and our system working well and energy to help us stay active.

Fruit is a super healthy choice as part of a meal or as a snack for everyone in the family. Fruit is a great alternative to packaged and processed foods. When you choose in-season fruit, it's good for your budget too. And last but not least: **fruit tastes awesome!**

Adults should eat two handfuls or pieces of fruit every day for good health. Try adding fruit to salads, platters, salsa or just as the perfect snack with yoghurt.



Ten great ways to eat fruit

Apple slices with peanut butter



Toast with cream cheese, sliced pear and cinnamon



Chopped oranges, persimmon & mint salad



Mandarin



Freeze fruit for smoothies when in season



Red grape, walnut & rocket salad



Strawberries & tamarillos on porridge



Green & gold kiwifruit with a spoon or just skin and all



Avocado & tomato on toast with fresh herbs



Grated apple in slaw with creamy dressing



This resource was developed in partnership with Niki Bezzant, Food & Nutrition writer.



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