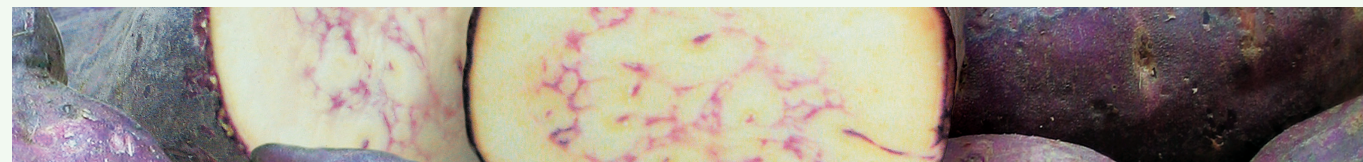


Nutritional Information

| Nutrients | Function | Vegetable | Fruit |
|------------------------|--|--|--|
| Carotenoids | <ul style="list-style-type: none"> Some are converted into Vitamin A in the body Stimulate the growth of new cells and keeps them healthy Important as antioxidant or free radical fighters | <ul style="list-style-type: none"> Orange, yellow and green coloured vegetables. e.g. pumpkin, carrots, kumara, spinach, parsley, sweet corn and broccoli Some red vegetables e.g. red peppers, tomatoes | <ul style="list-style-type: none"> Yellow and orange fruit – especially apricots, peaches, nectarines, paw paw, mango |
| Vitamin B Group | <ul style="list-style-type: none"> Releases energy from food Promotes a healthy nervous system | <ul style="list-style-type: none"> Green vegetables | <ul style="list-style-type: none"> Avocado |
| Folic Acid | <ul style="list-style-type: none"> Important for healthy growth development. Especially during periods of rapid growth e.g. pregnancy Prevents neural tube defects | <ul style="list-style-type: none"> Green vegetables | <ul style="list-style-type: none"> Citrus Fruit Bananas |
| Vitamin C | <ul style="list-style-type: none"> Fights against infection and is used in tissue repair and general health Helps the body absorb iron from food | <ul style="list-style-type: none"> Excellent: red, green peppers and parsley Very good: Brussel sprouts, broccoli, cabbage, spinach, cauliflower and radishes Good: leeks, lettuce, spring onions, kumara, tomatoes, turnips, peas, beans, asparagus and potatoes | <ul style="list-style-type: none"> Most fruit – especially citrus fruit, blackcurrants, kiwifruit, paw paw and mango |
| Vitamin K | <ul style="list-style-type: none"> For clotting of the blood | <ul style="list-style-type: none"> Leafy green vegetables, turnips, broccoli, lettuce, cabbage, spinach, asparagus, watercress, peas and beans | <ul style="list-style-type: none"> Nil |
| Calcium | <ul style="list-style-type: none"> Essential for healthy teeth and bones | <ul style="list-style-type: none"> Spinach, parsley, broccoli, celery, leeks, spring onions, cabbage, turnips and carrots | <ul style="list-style-type: none"> Rhubarb, blackcurrants, blackberries |
| Iron | <ul style="list-style-type: none"> An important part of red blood cells. Helps carry oxygen around the body* Extremely important for brain function and learning | <ul style="list-style-type: none"> Spinach, silverbeet, parsley, leeks | <ul style="list-style-type: none"> Avocado |
| Potassium | <ul style="list-style-type: none"> Controls the working of muscles and nerves Essential component of every cell | <ul style="list-style-type: none"> All vegetables | <ul style="list-style-type: none"> All Fruit – especially avocado, banana, blackcurrants |
| Fibre | <ul style="list-style-type: none"> Maintains a healthy digestive system Is important in control of weight | <ul style="list-style-type: none"> All vegetables | <ul style="list-style-type: none"> All fruit |

* Absorption of iron is increased when fruit and vegetables containing iron are consumed at the same time as vitamin C rich foods.



Glossary

Antioxidants:

Plant substances that protect the body by neutralising free radicals, or unstable oxygen molecules, which can damage cells and lead to poor health. The most common antioxidants in fruit and vegetables are Vitamin C, Vitamin E, carotenoids and flavonoids.

Carbohydrates, proteins and fats:

Compounds found in foods that the body uses to generate energy or build cells.

Phytochemicals:

Phytochemicals is a term that simply means plant chemicals. Everything in plants – the sugars, fibre, vitamins, antioxidants etc. – are phytochemicals. Some of these natural plant compounds that may provide a variety of health benefits. Many of the bright colours in fruit and vegetables come from phytochemicals.

Vitamins and minerals:

Natural substances contained in a wide variety of foods, long recognised as essential to maintaining healthy body systems. Scientists have defined specific daily amounts that are necessary for good health.

Breaking down the logo and its meaning:

5+ represents 5 or more servings of fruit and vegetables (2 of fruit and 3+ of vegetables).

The **hand** represents five or more servings (fingers) and a serving size is about a handful.

A Day represents eating fresh fruit and vegetables every day.



5+ A Day The Colour Way

Why should I “Eat My Colours”?

By eating your colours every day you will stay fit and healthy.

Colourful fruit and vegetables contain many of the vitamins, minerals and phytochemicals (fight-o-chemicals) your body needs to maintain good health and energy. They also protect against the effects of aging. Many of the phytochemicals and other compounds that make fruit and vegetables such healthy foods also give them their colour. There are many different phytochemicals and compounds associated with the colour – so to ensure you get a wide range of them you need to try and eat fruit and vegetables from each of the colour groups every day.

How many servings should I eat?

New Zealand guidelines recommend you eat five or more servings of fruit and vegetables every day.

Specifically, three or more servings of vegetables and two servings of fruit. The recommendation of five servings per day is seen as a minimum requirement for good health.

What a serving is?

It's about a handful and everyone uses their own hand so a child's serving will be smaller than an adult's.



Reprinted in September 2014

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Colour your world with 5+ A Day

Why it's important to eat in colour



www.5aday.co.nz

Red

It's important to eat all your colours every day to get the variety of vitamins, minerals and phytochemicals you need to stay healthy and fit. Include **RED** in your low-fat diet to help maintain:

- A healthy heart
- Memory function
- Urinary tract health

Health Promoting Benefits

Specific phytochemicals in the red group that are being studied for their health promoting properties include lycopene and anthocyanins.

Get a variety of red every day by eating fruit and vegetables such as:

| | |
|----------------|--------------|
| Cherries | Red Onions |
| Chilli Peppers | Red Peppers |
| Radishes | Red Potatoes |
| Raspberries | Rhubarb |
| Red Apples | Strawberries |
| Red Cabbage | Tomatoes |
| Red Grapes | Watermelon |
| Red Kumara | |



Yellow/Orange

To stay healthy and fit, think colour and variety when you make your fruit and vegetable choices. Including **YELLOW/ORANGE** in your low-fat diet helps maintain:

- A healthy heart
- Vision health
- A healthy immune system

Antioxidants

Orange and yellow fruit and vegetables contain varying amounts of antioxidants such as vitamin C as well as carotenoids and bio flavonoids, two classes of phytochemicals that scientists are studying for their health promoting potential.

Every day, include a variety of orange and yellow foods like these:

| | |
|------------------|-----------------|
| Apricots | Persimmons |
| Butternut Squash | Pineapples |
| Carrots | Pumpkin |
| Golden Kiwifruit | Rock Melons |
| Golden Kumara | Swede |
| Grapefruit | Sweetcorn |
| Lemons | Tangelos |
| Mandarins | Yellow Apples |
| Mangoes | Yellow Peppers |
| Nectarines | Yellow Potatoes |
| Oranges | Yellow Tomatoes |
| Peaches | |



Brown/White

Eating a colourful mix of fruit and vegetables daily provides the variety of vitamins, minerals and phytochemicals you need to fight disease. Including **BROWN/WHITE** in your low-fat diet helps maintain:

- A healthy heart

Health Promoting Phytochemicals

White, tan and brown fruit and vegetables contain varying amounts of phytochemicals. These include alliin, found in garlic and the onion family.

Get all the health benefits of brown/white by including a variety of foods such as:

| | |
|-------------|------------------|
| Bananas | Onions |
| Brown Pears | Parsnips |
| Cauliflower | Potatoes |
| Dates | White Melons |
| Garlic | White Nectarines |
| Ginger | White Peaches |
| Mushrooms | Turnips |
| Nashi Pears | |



Green

To get the range of vitamins, minerals and phytochemicals you need to stay healthy and fit, eat a colourful variety of fruit and vegetables. Include **GREEN** in your low-fat diet to maintain:

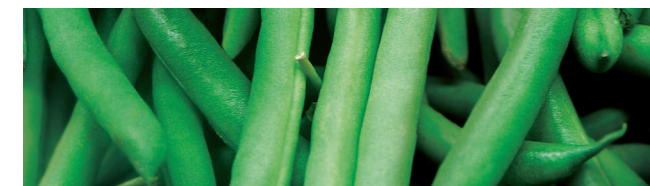
- Vision health
- Strong bones and teeth

Healthy Greens

Green Vegetables contain varying amounts of phytochemicals such as lutein and indoles, which interest researchers because of their potential antioxidant, health promoting benefits.

Go green every day with a variety of fruit and vegetables like these:

| | |
|------------------|--------------|
| Artichokes | Green Melons |
| Asparagus | Green Pears |
| Avocados | Green Pepper |
| Broccoli | Kiwifruit |
| Brussels Sprouts | Leafy Greens |
| Celery | Leeks |
| Chinese Cabbage | Lettuce |
| Cucumbers | Limes |
| Green Apples | Okra |
| Green Beans | Peas |
| Green Cabbage | Spinach |
| Green Grapes | Zucchini |



Blue/Purple

Eat all your colours every day to get the variety of vitamins, minerals and phytochemicals you need to stay healthy. Include **BLUE/PURPLE** in your low-fat diet to help maintain:

- Urinary tract health
- Memory function
- Healthy aging

Healthy Aging

Blue/purple fruit and vegetables contain varying amounts of health-promoting phytochemicals such as anthocyanins and phenolics, currently being studied for their potential antioxidant and anti-aging benefits.

Get a variety of blue/purple every day with foods such as:

| | |
|---------------|------------------|
| Beetroot | Eggplants |
| Blackberries | Plums |
| Blackcurrants | Purple Asparagus |
| Blueberries | Purple Cabbage |
| Boysenberries | Purple Grapes |
| Cranberries | Purple Peppers |

