

## EAT 5 TONNES!

In a lifetime of 70 years, the average person eats or drinks 35 tonnes of food. **That's:**

☞ **36 sheep, 7 cows, 24 pigs, 550 chickens!**

☞ enough water to fill a **10m swimming pool!**

★ **9000 litres of milk!**

☞ **13,000** eggs – and **6 tonnes** of sugar, butter, margarine, cheese, cereals, biscuits and cakes!

**But only 2 tonnes of vegetables and 2 tonnes of fruit!**

If you ate 5 portions of fruits and vegetables every day, you would eat more than **TWICE AS MUCH** as this – about 10 tonnes in an average lifetime.

And you would probably eat much less fatty food.

**So Eat 5 tonnes of fruit and 5 tonnes of vegetables – for life!**



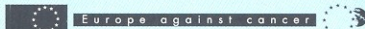
Look out for this sign



CANCER EDUCATION CO-ORDINATING GROUP



TUNE UP YOUR LIFE HEALTH WITH FRUIT AND VEGETABLES



Eat 5! booklet © Comic Company 1998-2005.

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# FRUIT and VEGETABLES

# FRUIT AND VEGETABLES ARE GREAT FOR HEALTH.

They're a terrific source of all the substances your body needs to work well and grow.



vitamins



minerals



fibre

They also contain useful starches, sugars, proteins, fats, oils, and water.

Our bodies can't make **vitamins** or **fibre**. And we can't absorb **minerals** direct from rocks. But **2** fortunately for us, plants can!

That's why we need to eat plenty of fruit and vegetables because they contain loads of vitamins, fibre and minerals.



The best way of making sure that we get enough is to eat **AT LEAST 5** portions of different fruits and vegetables every day.

## FRESH FRUIT and VEGETABLES MAKE GREAT SNACKS

Raw fruit and vegetables are **MUCH KINDER TO YOUR TEETH** than biscuits, cakes, sweets and fizzy drinks.

The sugar in fruit and vegetables is mostly inside the plant's cells, so there is less direct contact with teeth.

Sticky dried fruit, and fruit juices, are really good for you, but like any sugary food they can cause tooth decay if you eat too much, too often. So it's better to eat or drink them with food, at mealtimes. Diluting fruit juices with water also helps to protect teeth.

Fruit and vegetables are an important part of a balanced diet...

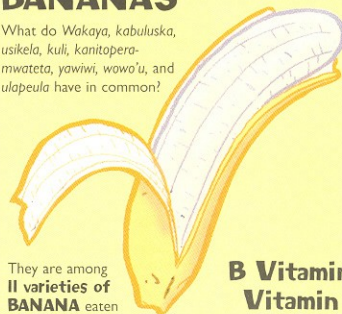
so if you're having a snack, **EAT FRESH FRUIT AND VEGETABLES!**

## VITAMINS

Vitamins are substances that are "vital" for life – that's how they got their name. Our bodies need them for just about everything. Vitamins help our cells to grow and repair themselves. They are needed for healthy muscles, nerves, bones and blood vessels. And they can help us to fight off diseases.

### BANANAS

What do Wakaya, kabuluska, usikela, kuli, kanitopera-mwateta, yawiwi, wowa'u, and ulapeula have in common?



They are among 11 varieties of BANANA eaten on the Trobriand islands, off the coast of Australia.

**B Vitamins**  
**Vitamin C**  
**Minerals**  
e.g. potassium  
**Fibre**

The vitamins **A, C** and **E** may protect against cancer and heart disease. They are **anti-oxidant nutrients** that help to prevent cell damage.



**ACE =**  
**Anti-**  
**Cancer &**  
**heart**  
**disEase**

You only need tiny amounts of each of the vitamins. But eating too little of even one vitamin can cause a health problem.

As long as you are eating at least 5 fruits and vegetables every day, you will be getting useful amounts of a wide range of vitamins.



VITAMINS WE NEED

**Vitamin A**  
**B vitamins**

B1  
B2  
B3  
B5  
B6  
B12

Biotin

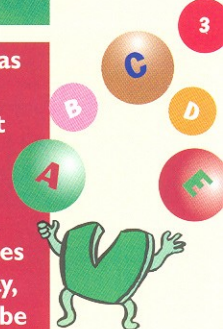
Folic Acid\*

**Vitamin C**

Vitamin D

**Vitamin E**



Vitamin K



## Vitamin A

Many fruits and vegetables contain a coloured substance called Beta-carotene. This turns into vitamin A in our body. As a rule, the more deeply coloured the fruit the better!

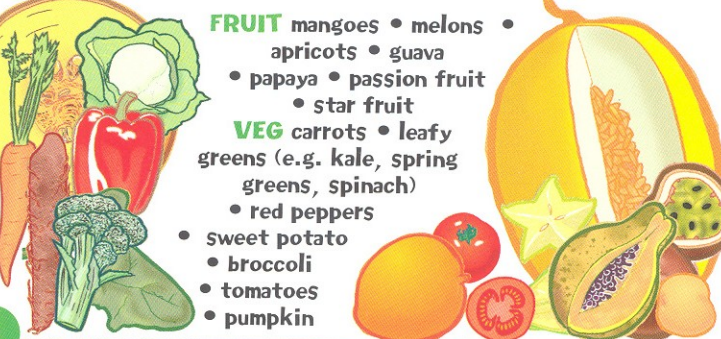
- Helps protect against damage to body cells and to keep skin healthy
- Helps you to see in the dark
- Good for growth and strong bones, hair and teeth

Good sources of vitamin A / Beta-carotene include:

**FRUIT** mangoes • melons • apricots • guava • papaya • passion fruit • star fruit


**VEG** carrots • leafy greens (e.g. kale, spring greens, spinach) • red peppers • sweet potato • broccoli • tomatoes • pumpkin



## B Vitamins

belong to a family. **B<sub>1</sub>, B<sub>2</sub>, B<sub>3</sub>, B<sub>5</sub>, B<sub>6</sub>, B<sub>12</sub>, folate**

- Help the body to use energy from food
- Keep the brain, nerves, blood and muscles in good working order
- Folate (folic acid) is particularly important during early pregnancy

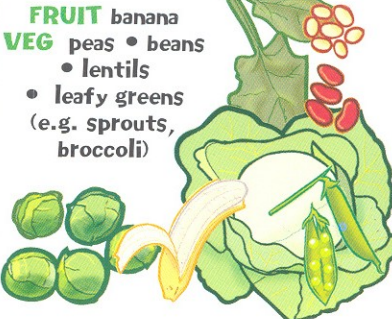


Good sources of vitamin B include:

Different B vitamins are found in different foods. So make sure you eat a varied diet. Cereals, milk and meat are good sources. B12 is only found in animal products or fortified food, such as cereals or yeast extracts.

**FRUIT** banana

**VEG** peas • beans • lentils • leafy greens (e.g. sprouts, broccoli)





Don't overcook vegetables because B vitamins are easily destroyed by heat and leak into cooking water. Steaming or microwaving is better than boiling.

## Vitamin C

- Helps prevent cell damage and infections
- Helps body to absorb iron
- Helps wounds to heal, and keeps skin and gums healthy


Don't overcook fruit and vegetables because vitamin C is easily destroyed by heat. Raw or lightly cooked (crunchy) is best.

Good sources of vitamin C include:

**FRUIT** blackcurrants • kiwi fruit • citrus fruits (e.g. oranges, satsumas, grapefruit etc) • guava • papaya • strawberries

**VEG** leafy greens (e.g. sprouts, kale, spring greens) • red & green peppers • broccoli



There is no **Vitamin D** in fruits and veg. There is plenty in wholemilk, margarine, oily fish, eggs and fortified cereals.



Fortunately, your skin can make vitamin D. All it needs is a little sunshine. Don't burn it, though!

Just walking to a fruit and veg shop in the summer on a cloudy day will give you all the vitamin D you need – even if it's only your cheeks that are exposed!

## Vitamin E

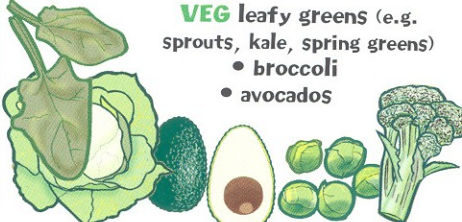
- Keeps cells and tissues healthy
- Helps protect cell membranes from damage
- Helps form red blood cells

The main source of Vitamin E is vegetable oils, wholegrain products, nuts etc.

Good sources of vitamin E include:

**VEG** leafy greens (e.g. sprouts, kale, spring greens) • broccoli • avocados



## Minerals

come from rocks, but of course we can't eat them. Fortunately, there's a much better way of getting just the right minerals we need. We can eat the fruits and vegetables that have done the rock-eating for us.



Minerals dissolve in ground water, so they are taken up by plant roots and built into their cells.

You only need a tiny amount of any mineral, but they're important just the same. A lot of people (mainly young women, but young men as well) are not eating enough Calcium and Iron.

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**Iron** is needed to make red blood cells. It helps to carry oxygen from your lungs to all your body cells. Iron helps muscles to work. But Iron can be hard for the body to absorb from food. Having foods and drinks containing vitamin C at the same time makes it easier.

Good sources of Iron include:

### FRUIT dried fruit

(e.g. figs, prunes, raisins, apricots, peaches)

### VEG pulses

(e.g. peas, beans, lentils)

- okra
- leafy greens (e.g. kale, spring greens)
- spring onions



## Calcium

makes teeth and bones stronger. In the long run, this helps you to avoid fractures. Calcium also helps blood to clot when you are injured, and keeps your heart beating regularly.

Probably the best way of getting enough Calcium is to eat plenty of milk products. You can combine these with fruit and veg e.g. cauliflower cheese, fruit with yoghurt. Sources of Calcium in fruit and veg include:



### FRUIT oranges,

dried fruit e.g. figs

### VEG okra

- leafy greens (e.g. kale, spring greens)



### MINERALS WE NEED

Calcium, Chlorine  
Chromium, Cobalt  
Copper, Fluorine  
Iodine, Iron, Magnesium  
Manganese, Molybdenum  
Phosphorus, Potassium  
Selenium, Silicon, Sodium  
Sulphur, Vanadium, Zinc



NB Don't forget - drink lots of water!

There are lots more minerals you need to stay healthy.

But as long as you eat a good variety of fruits and vegetables, you will get a good dose of them every day.



## Fibre

is a bit of a mystery. Scientists are still discovering what fibre does, though they already know it's really important if you want to keep your body working well.

Fibre is found in the walls of plant cells. As it passes through you, it swells up and keeps your intestines in good working order. If you don't eat enough fibre, you will become constipated.

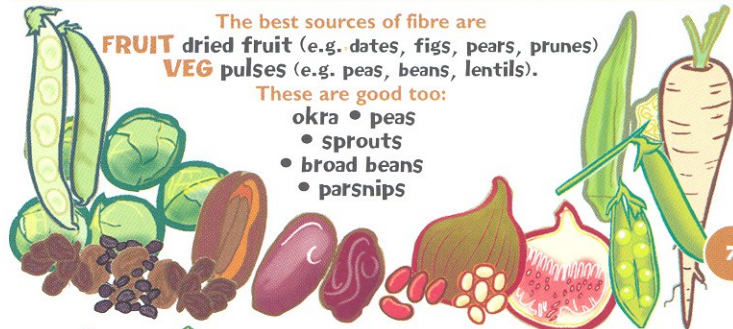
You should have plenty of fluids, too. Eating plenty of fibre seems to keep down levels of fats in your blood. In the long run a fibre-rich diet may help to prevent heart disease and some cancers. Fortunately, many fruits and vegetables contain a lot of fibre.



The best sources of fibre are  
**FRUIT** dried fruit (e.g. dates, figs, pears, prunes)  
**VEG** pulses (e.g. peas, beans, lentils).

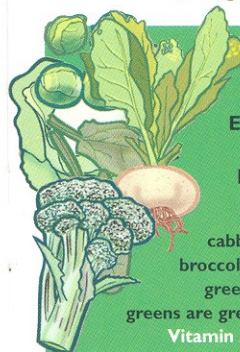
These are good too:

- okra
- peas
- sprouts
- broad beans
- parsnips



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**WHY YOU SHOULD EAT LEAFY GREENS EVERY DAY**



Because cabbage, sprouts, broccoli, kale, spring greens and turnip greens are great sources of

Vitamin A, B vitamins (including folates), Vitamin C, Vitamin E, Minerals (e.g. Calcium, Iron, Potassium), Fibre



**RAW and LIGHTLY COOKED FRESH fruit and veg are really good for you.**

**So are FROZEN VEGETABLES.**

They contain just as much goodness as fresh ones.

**CANNED FRUIT AND VEG** usually contain less vitamins, but are also a good choice. Try to buy canned veg with low sugar and salt. Choose fruit in juice rather than syrup.

**BAKED BEANS** are a really good source of fibre, protein and iron.



# WHY EAT 5?

People in Britain eat less fruit and vegetables than people in almost any other European country. And we also have one of the highest rates of some cancers and heart disease.

**Are these facts connected?** Almost certainly, yes. Many doctors and scientists believe that people's health would improve if they ate plenty of fruit and vegetables.

## How much fruit & veg should I eat?

Many health reports have found that everybody should eat at least 400g (about 1lb) of different fruits and vegetables every day. The best way is to eat 5 or more portions daily.

### eat 5 Loads of different ways to eat 5 or more portions every day

Raw



Cooked from fresh or frozen



In a pie or flan



(but don't count the crust)

Dried fruit



– like raisins, sultanas, currants, figs, dates, apricots. Don't eat too much dried fruit between meals – their sticky sugar can stick to your teeth.

Juices and shakes



(e.g. unsweetened orange, apple, pineapple)

Tinned or stewed



(but don't count the juice)

### WHAT ABOUT POTATOES?

Eat plenty of potatoes, but DON'T COUNT THEM AS ONE OF YOUR 5 PORTIONS.

Potatoes contain vitamins, fibre and minerals. Like bread and cereals, they are a very good source of starchy carbohydrates, which fill you up and give you energy.

So eat plenty of potatoes, bread and cereals every day AS WELL AS at least 5 fruits and vegetables.



## Each of these is ONE PORTION OF FRUIT & VEG

ONE WHOLE MEDIUM-SIZED FRUIT OR VEGETABLE

e.g. apple, orange, banana



A COUPLE OF SMALL FRUITS, OR A CUP OF VERY SMALL FRUITS

e.g. 2 plums, a cup of grapes or berries



1/2 = 1 TABLESPOON OF DRIED FRUITS

e.g. dates, sultanas, prunes, apricots



2 – 3 TABLESPOONS OF COOKED OR CANNED FRUIT



A PIECE OF A BIG FRUIT

Half a grapefruit, a wedge

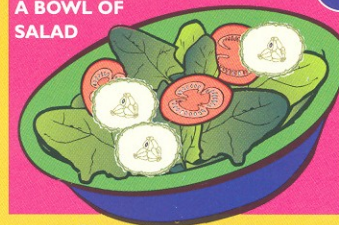
of melon, a couple of rings of pineapple, half an avocado



THREE TABLESPOONS OF RAW, COOKED, FROZEN OR CANNED VEGETABLES

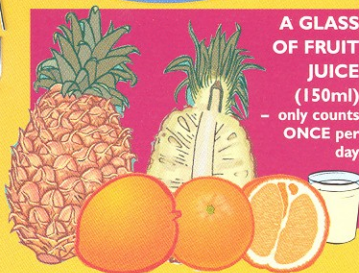


A BOWL OF SALAD



A GLASS OF FRUIT JUICE (150ml)

– only counts ONCE per day



But DON'T count a glass of squash or a fruit "drink" or a fruit yoghurt or fruit and nut chocolate or a tablespoon of jam. **There's just not enough fruit in them to make a portion!**

eat 5 **EAT 5 OR MORE PORTIONS OF FRUIT & VEG EVERY DAY!**

# Here are some great ways to **EAT 5** a day

## Breakfast

**DRIED FRUIT** on cereal  
e.g. apricots, sultanas, dates,  
raisins



glass of  
**PINEAPPLE**  
fruit juice



## Break

**BANANA**



whole **APPLE** sliced or  
pile of **GRAPES**



## Midday

fish fingers, waffle and  
**PEAS** or **BROCCOLI**



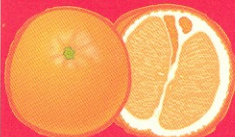
pitta bread filled with  
**SALAD**

e.g. cucumber  
peppers  
tomatoes  
white cabbage  
carrot



## Teatime

whole **ORANGE**



**FRUIT** salad



## Evening meal

**BAKED BEANS** in a  
jacket potato

But  
choose  
low-salt,  
low-sugar  
kinds.



**SWEETCORN**



# YOUR PROBLEMS SOLVED



IF I  
**EAT LOTS OF  
FRUIT AND  
VEGETABLES, WON'T  
MY FRIENDS SAY I'M  
EATING "RABBIT  
FOOD"?**



Rabbits are vegetarians.  
But then so are  
elephants,  
rhinoceroses and ...

## ...BULLS!



**WHAT ABOUT  
PESTICIDES? DON'T  
FARMERS USE A LOT  
OF SPRAYS ON THEIR  
CROPS?**

Farmers partly use pesticides because most people expect perfect-looking fruits and vegetables. They hate odd shapes or blemishes on the skin. So if we weren't quite so fussy . . .

Fruit and vegetables are tested regularly to check that there is no build up of chemicals. Always top, tail and peel carrots. In any case, you should always wash fruit and vegetables thoroughly to clean them.

**I DON'T WANT  
TO GET FAT.  
SHOULDN'T I EAT 2  
OR 3 PORTIONS  
INSTEAD?**

It's  
practically  
impossible to put on  
weight by eating  
fruits and vegetables.  
You can eat as much  
as you like.



**WILL EATING LOTS OF FRUITS AND VEGETABLES HELP CURE MY SPOTS?**

It may not cure them, but it can only help.

**ISN'T IT MORE EXPENSIVE TO EAT HEALTHY FOOD?**

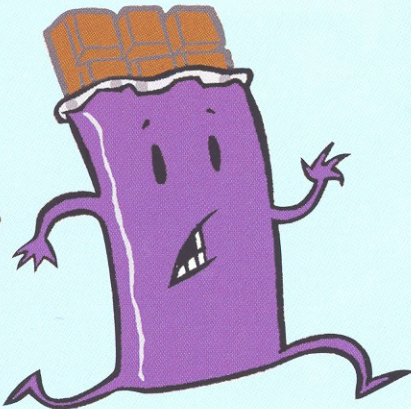
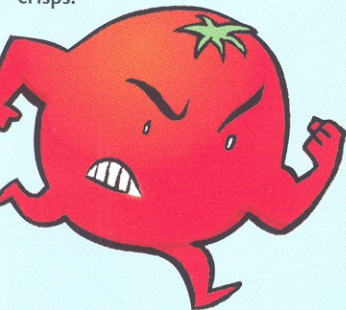
Not really. Some fruits and vegetables are expensive,

but many aren't. Money you don't spend on sugary or fatty meals or snacks can help you pay for healthier food. Fruits and vegetables are often cheaper than sweets, chocolates, or packets of crisps.

**IS IT TRUE THAT FROZEN, CANNED OR COOKED FOOD HAS LOST ALL ITS GOODNESS?**

Definitely not. Freezing or canning preserves most of the goodness. Check labels on cans to see there's little or no added sugar, and rinse away any brine (salty water).

Cook fruits and vegetables carefully and only until they're just done. Don't leave them boiling away for hours – or you will lose a lot of the vitamins into the water.



**I DON'T BUY OR COOK THE FOOD, SO HOW CAN I GET TO EAT MORE FRUIT AND VEGETABLES?**

Try asking! Many parents and carers

think children don't

want to eat healthily. But if you showed them that you really were going to eat more fruit and vegetables (and perhaps less of the sugary or fatty foods that aren't so great for you), they would probably be really pleased, and would buy more fruit and vegetables. That way, your whole family's health will improve.



You have more control in a canteen or restaurant. Go for the healthiest meal on offer. Ask the meals organiser to put more fruit and vegetables on the menu. Or bring in a packed meal – there are loads of tasty filling snacks that are also very good for you.

**CAN'T I EAT VITAMIN AND MINERAL PILLS INSTEAD?**

No. For most people, it's much better to eat plenty of fruit and vegetables – you'll get all the nutrients you need, and there's no danger of an overdose.

And there are loads of other healthy substances in fruit and vegetables that you can't package in a pill\*.

- **WASH RAW FRUIT AND VEG THOROUGHLY**
- **DON'T OVERCOOK VEGETABLES**  
Steaming or microwaving is a very good way of cooking vegetables. Stir-frying is good too.
- **AND YOU CAN ALWAYS TRY GROWING YOUR OWN!**

\* But women who are expecting a baby need a supplement of the B vitamin Folic Acid to help their baby's brain and spinal cord grow properly. They should take this before and in the early weeks of pregnancy.

# WHAT'S IN A VEGETABLE?

VEGETABLE	Vitamins				Minerals		Fibre	Other	ACE Anti-Cancer & heart disease
	A	B	C	E	Calcium	Iron			
Broccoli								ALL	
Brussels Sprouts								veg	
Cabbage								contain	
Carrots								many	
Cauliflower								other	
Green beans								good	
Leeks								things	
Mushrooms								that	
Parsnips								promote	
Peas								health	
Pepper (red)								- so	
Pulses								they're	
Spinach								ALL	
Swede								great	
Sweetcorn								for	
Tomatoes								you!	
Turnips									

The symbols show GOOD sources

In 1991 James Deady threw a **GRAPE** 99.82 metres into the mouth of his friend, Paul Tavilla.



# WHAT'S IN A FRUIT?

FRUIT	Vitamins			Minerals		Fibre	Other	ACE Anti-Cancer & heart disease
	A	B	C	Calcium	Iron			
Apples							ALL	
Apricots							fruits	
Avocados							contain	
Bananas							many	
Blackberries							other	
Clementines							good	
Figs							things	
Grapefruit							that	
Kiwi							promote	
Mangoes							health	
Melons							- so	
Oranges							they're	
Peaches							ALL	
Pears							great	
Plums							for	
Raspberries							you!	
Strawberries								

The symbols show GOOD sources

