

Healthy Eating

Fruit and Vegetables

10 ideas for making the most out of fruit and vegetables:

- **Don't buy pre-prepared fruit and vegetables that come with sauces** as these often contain high amounts of fat, salt and sugar.
- **Buy dried, frozen or tinned products** as these can be just as good as the fresh produce but remember to check labels for added salt, sugar or fats.
- **Vary the fruit and vegetables in your diet.** Many have different health benefits and it will help keep your meals interesting, which may motivate you in your healthy eating campaign.
- **Don't add sugar to fruit or salt to vegetables** when you cook or serve them. They already contain natural salts and sugars.
- **Steam or bake your vegetables,** don't boil or fry them as it helps them keep more of their naturally occurring vitamins and minerals when cooking.
- **Use as little water as possible when boiling vegetables** as this helps keep in the vitamins and minerals.
- **Try new ways of cooking vegetables.** Experiment – try roasting or grilling for examples, to unlock new tastes and flavours.
- **Make a stir fry or home-made soups** – these are a great way to get lots of vegetables into one meal.
- **Make fruit smoothies** with lots of fresh fruit and low fat milk or yoghurt.
- **Replace sweet snacks (such as chocolates, cakes and biscuits) with raw fruit or vegetables** as a healthy and nutritious alternative.