Tips to include more Fruits and Vegetables into your Daily Diet

- Chop up vegetables such as cucumber, sweet pepper, celery, cauliflower and carrots and eat them with your favorite low-fat dip.
- Blend fruit with natural yoghurt, milk and ice cubes to make a smoothie. This will make a delicious snack.
- Add fruit to your cereal at breakfast time.
- When preparing meat dishes make sure there are more vegetables than meat on your plate.
- Prepare a fruit salad to take to school, work or even the beach. (Always remember an ice pack or a picnic cooler to keep your food fresh and safe to eat).
- Blend vegetables in tomato sauce or in soups to encourage a higher consumption of vegetables especially amongst children or fussy eaters.

Health Promotion & Disease Prevention Department

Parliamentary Secretary for Health
Ministry for Social Policy

Eat more fruits and vegetables.
In order to reach your daily recommendation of fruits and vegetables, it is important to note the following:

- Potatoes do NOT count as vegetables as they are classified as starchy foods. Starchy foods are foods such as bread, pasta and rice.
- 1 glass of 100% juice (pure juice) only counts as one portion of fruits and vegetables no matter how much you drink. This is because juice is low in fibre. The juicing process also 'squeezes' the natural sugars out of the cells that would normally contain them. These can be harmful to the teeth especially if a lot of juice is drunk between meals.
- Dried fruit also counts as only one portion no matter how many times you eat them. This is because they are lower in certain vitamins including vitamin C. Dried fruit also contains more sugar than the same weight of non-dried fruit since the water has been removed. It is for this reason that you must eat smaller amounts of dried fruit than a portion of fresh fruit. Eating large amounts of dried fruit can also be harmful to your teeth.
- Beans and pulses also count as one portion from your fruit and vegetable intake. This is because they do not give the same mixture of vitamins, minerals and other nutrients as fruits and vegetables.