

HEALTHY EATING



**EAT MORE
FRUITS
AND
VEGETABLES**

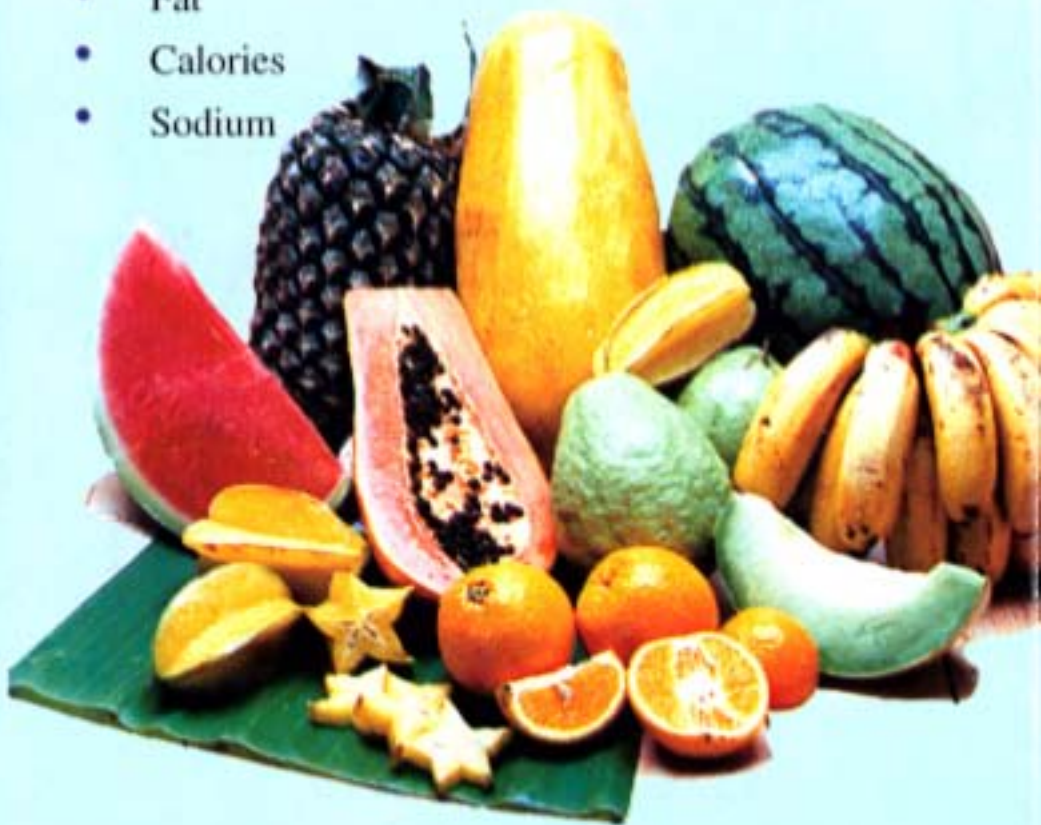
GOODNESS OF FRUITS AND VEGETABLES

Fruits and vegetables are an important part of a balanced diet. Fruits and vegetables taste good, come in lots of different varieties and colours and are easily available. They are also an important source of nutrients like:

- Complex carbohydrates
- Fibre
- Vitamins, especially A, C, E
- Minerals, notably potassium and calcium

They are cholesterol free and also low in

- Fat
- Calories
- Sodium



Besides the above, fruits and vegetables

- Make convenient snacks
- Quench thirst and make you feel full
- Stimulate digestive system
- Help prevents constipation
- Reduce risk of digestive disorders and certain types of cancers.

SERVINGS

Take at least 5 servings of fruits and vegetables daily.

One serving of vegetables is equivalent to:

- 1/2 cup dark green leafy vegetables with edible stem
- 1/2 cup cooked fruits/root vegetables

One serving of fruits is equivalent to:

- 1/2 medium size guava
- 1 slice papaya, watermelon, pineapple
- 1 medium banana
- 1/4 cup dried fruit
- 3/4 glass fruit juice
- 1 small to medium whole orange, pear, apple



NUTRIENTS IN VEGETABLES

Type of Vegetables	Minerals	Vitamin
1. Green leafy vegetables (sawi, spinach, kailan, kangkong)	Calcium, Iron	A, B, C, K
2. Flower vegetables (broccoli, cauliflower)	Iron, Phosphorus	A, B, C
3. Legumes (peas, beans)	Iron, Zinc, Phosphorus	A, B A, C
4. Root vegetables (turnips, carrots, radish)	Trace	Trace
5. Stem vegetables (celery, asparagus)	Trace	A, C
6. Fruit vegetables (tomatoes, brinjals, ladies' fingers)	Trace	C, E
7. Vegetable shoots (fern shoot, tapioca shoot)	Trace	

GETTING THE BEST OUT OF YOUR FRUITS AND VEGETABLES

1. Purchasing

- Choose fruits and vegetables which are not wilted, dehydrated, discoloured, rotten or with an offensive odour.

2. Storing

- Place fruits and vegetables at the bottom shelf of the refrigerator
- Keep them in an airy environment
- Wrap leafy vegetables in plastic film with holes
- Keep root vegetables in cool, dry place away from direct sunlight and above the floor
- Keep unripe fruits and bananas at room temperature

3. Preparation

- Rinse and wash fruits and vegetables thoroughly.
- Prepare fruits and vegetables as near as possible to cooking/serving time.
- Avoid washing and soaking fruits and vegetables after cutting.



4. Cooking

- Cook vegetables in a little boiling water until just tender.
- Choose low-fat cooking methods:
 - Steam
 - Boil
 - Microwave
 - Blanch
 - Stir fry with very little oil
- Avoid over-cooking vegetables.
- Avoid adding bicarbonate to vegetables.



SALAD/ULAM

- Maximize your salads by adding more fruit and vegetables.
- Choose low-fat salad ingredients eg. beans, corn, boiled potatoes rather than croutons and cheese.
- Use low-fat and low-calorie dressings or dips:
 - lime/lemon juice
 - sambal belacan
 - tempoyak
 - budu
 - low-fat yoghurt
 - tomato juice
 - herbs and spices
 - tamarind juice
- Eat salads more often.



- Select a mixture of leafy greens for your ulam, preferably the darker ones, e.g. pegaga, daun selom, daun selasih, pucuk gajus, four-angled beans, long beans, ulam raja.



EATING OUT

- Order fresh fruit juices rather than sweetened carbonated drinks.
- Order for more vegetables in your noodles, soup, fried rice.
- Choose more vegetable dishes rather than meat dishes.
- Take fruit for desserts rather than cakes and puddings.
- Bring a fruit or salad to work or to school.

**ENJOY HEALTHY EATING
EAT MORE FRESH FRUITS AND
VEGETABLES**



**PUBLISHED BY:
HEALTH EDUCATION DIVISION,
MINISTRY OF HEALTH MALAYSIA**