



What do I look for when shopping?

- Look for the words: wholegrain, whole wheat, whole (other grain), popcorn, brown rice, barley, oats, rye, sorghum, millet or triticales
- Grainy and seedy breads
- Listed **first or second**: GREAT
- Percentage of whole grains
 - More than 51%

Eat more Fruit and Vegetables

- What catch phrases have you heard



Fruit and Vegetables

- Good for health
 - Vitamins, minerals, phytochemicals
- Low fat and dietary fibre
- Taste great
- Flavour, colour and texture



Eat your colours every day



5 + a day The Colour Way

- Phytochemicals (fight-o-chemicals)
- Ideally fruit and vege from each of the colour groups
- Have you heard of any of these?
 - Carotenoids
 - Lycopene
 - Lutein & Zeaxanthin
 - Flavanoids





What is a serving?

- Everyone hold up their own hand
- 3 or more servings of vegetables
- 2 or more servings of fruits



How are we doing?



- 32% of NZ adults don't eat the minimum 3 serves of vegetables

- 45% of NZ adults don't eat the minimum of 2 serves of fruit



- Women and the older adults are more likely we are to eat the recommended servings



What counts?

- Fresh
- Canned
- Dried
- Frozen
- Juiced



Cooking methods

- Less peeling the better
- Steaming, stir-frying, microwaving, grilling or roasting preserve water soluble vitamins
- Boil in minimum water and use the water for soups or sauce rather than tipping down the drain





Making it easy: Vegetable fixes

Fruity ideas

<p>At home</p> <ul style="list-style-type: none">✓Have fruit for dessert – use a mixture of canned and fresh✓Make tomato-based sauces for pasta, rice, soups and stews	<p>At Work</p> <ul style="list-style-type: none">✓Keep a bowl of fruit on your desk✓Have homemade or store-bought vegetables soup for lunch
<p>Out and about</p> <ul style="list-style-type: none">✓Keep raisins, apricots and prunes on hand for a quick fruity snack	<p>Out to dinner</p> <ul style="list-style-type: none">✓Select a salad-based entrée or main



Making it easy: Vegetable fixes

Fruity ideas

At home

- ✓ Have fruit for dessert – use a mixture of canned and fresh
- ✓ Make tomato-based sauces for pasta, rice, soups and stews
- ✓ Substitute some spinach. Onions or mushrooms for one of the eggs in your morning omelette
- ✓ Take a look at your dinner plate: vegetables and fruit should take up the largest portion of your plate. If they don't replace some of the pasta, rice or meat with steamed broccoli, mixed vege or your other favourite vegetable or salad
- ✓ Use a vegetable slicer to add raw vegetables to salads and light meals

Out and about

- ✓ Keep raisins, apricots and prunes on hand for a quick fruity snack
- ✓ Baby carrots are easy to pop in your bag and eat on the run
- ✓ Take a colourful fruit platter to your next 'take a plate'

At Work

- ✓ Keep a bowl of fruit on your desk
- ✓ Have homemade or store-bought vegetables soup for lunch
- ✓ Take a can of baked beans to work for lunch
- ✓ Substitute vegetables such as lettuce, tomato, cucumbers for cheese or meat in your sandwich, wrap or burrito
- ✓ Microwaved potatoes make a great warming snack, fill with creamed corn or baked beans to make even better

Out to dinner

- ✓ Select a salad-based entrée or main
- ✓ Dried fruit and cheese made a good dessert, or choose a fresh fruit salad
- ✓ Ask for more vegetables and less cheese on pizza's





The Plumber was called in when they found a really bad leak in the bathroom...



The peas suddenly realised the promised package trip to Iceland was a con...



The End