

## Why its so important to get 5+ A Day@work?

Nutrients	Function	Vegetable	Fruit
<b>Carotenoids</b>	<ul style="list-style-type: none"> <li>Some are converted into Vitamin A in the body</li> <li>Stimulate the growth of new cells and keeps them healthy</li> <li>Important as an antioxidant or free radical fighters</li> </ul>	<ul style="list-style-type: none"> <li>Orange, yellow and green coloured vegetables. e.g. pumpkin, carrots, kumara, spinach, parsley, sweet corn and broccoli</li> <li>Some red vegetables e.g. red peppers, tomatoes</li> </ul>	<ul style="list-style-type: none"> <li>Yellow and orange fruit – especially apricots, peaches, nectarines, paw paw, mango</li> </ul>
<b>B Group vitamins</b>	<ul style="list-style-type: none"> <li>Release energy from food</li> <li>Promote a healthy nervous system</li> </ul>	<ul style="list-style-type: none"> <li>Green vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Avocado</li> </ul>
<b>Folic Acid</b>	<ul style="list-style-type: none"> <li>Important for healthy growth development, especially during periods of rapid growth e.g. pregnancy</li> <li>Prevents neural tube defects</li> </ul>	<ul style="list-style-type: none"> <li>Green vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Citrus fruit</li> <li>Bananas</li> </ul>
<b>Vitamin C</b>	<ul style="list-style-type: none"> <li>Fights against infection and is used in tissue repair and general health</li> <li>Helps the body absorb iron from food</li> </ul>	<ul style="list-style-type: none"> <li>Excellent: red, green peppers and parsley</li> <li>Very good: Brussel sprouts, broccoli, cabbage, spinach, cauliflower and radishes</li> <li>Good: leeks, lettuce, spring onions, kumara, tomatoes, turnips, peas, beans, asparagus and potatoes</li> </ul>	<ul style="list-style-type: none"> <li>Most fruit – especially citrus fruit, blackcurrants, kiwifruit, paw paw and mango</li> </ul>
<b>Vitamin K</b>	<ul style="list-style-type: none"> <li>For clotting of the blood</li> </ul>	<ul style="list-style-type: none"> <li>Leafy green vegetables, turnips, broccoli, lettuce, cabbage, spinach, asparagus, watercress, peas and beans</li> </ul>	<ul style="list-style-type: none"> <li>Nil</li> </ul>
<b>Calcium</b>	<ul style="list-style-type: none"> <li>Essential for healthy teeth and bones</li> <li>Important role in maintaining homeostasis</li> </ul>	<ul style="list-style-type: none"> <li>Spinach, parsley, broccoli, celery, leeks, spring onions, cabbage, turnips and carrots</li> </ul>	<ul style="list-style-type: none"> <li>Rhubarb, blackcurrants, blackberries</li> </ul>
<b>Iron</b>	<ul style="list-style-type: none"> <li>An important part of red blood cells. Helps carry oxygen around the body*</li> <li>Extremely important for brain function and learning</li> </ul>	<ul style="list-style-type: none"> <li>Spinach, silverbeet, parsley, leeks</li> </ul>	<ul style="list-style-type: none"> <li>Avocado</li> </ul>
<b>Potassium</b>	<ul style="list-style-type: none"> <li>Controls the working of muscles and nerves</li> <li>Essential component of every cell</li> </ul>	<ul style="list-style-type: none"> <li>All vegetables</li> </ul>	<ul style="list-style-type: none"> <li>All fruit – especially avocado, banana, blackcurrants</li> </ul>
<b>Fibre</b>	<ul style="list-style-type: none"> <li>Maintains a healthy digestive system</li> <li>Is important in control of weight</li> </ul>	<ul style="list-style-type: none"> <li>All vegetables</li> </ul>	<ul style="list-style-type: none"> <li>All fruit</li> </ul>

\* Absorption of iron is increased when fruit and vegetables containing iron are consumed at the same time as vitamin C rich foods.

# 5+ A Day@work

Working fruit and vegetables into your day



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## 5+ A Day@work

5+ A Day@work is a great way to a delicious lunch, it is real value, real fast and real healthy.

For optimum health we should all strive to eat at least five servings of fresh fruit and vegetables every day.

It couldn't be easier - a serving is about a handful.

Set yourself up with a couple of handfuls at work by snacking on fruit and vegetables and using some of our handy hints.

(Like us on Facebook and follow us on Twitter for some more great 5+ A Day@work ideas).



## Snack ideas

- Fruit – whole fruit or try berries and sliced stonefruit mixed through yoghurt in the summer. In the winter apples, pears, oranges and kiwifruit are ideal snacks
- Vegetables – sliced carrots, cucumber, celery and capsicum with a low-fat dip. Try homemade salsa (tomato, red onion, avocado, coriander and lime juice) or natural yoghurt mixed with lemon juice, cucumber and a little crushed garlic
- Crackers with avocado, tomato, salsa and light cottage cheese

## Summer lunches

- Fruit salad – use any fruit in season. Lemon juice squeezed over chopped fruit will prevent it turning brown and will give it a nice tang
- Green salads – mix salad greens with seasonal vegetables such as asparagus, tomatoes and cucumber. Dress with a little balsamic vinegar and olive oil
- Coleslaw – shred cabbage, carrot, a little red onion and add parsley. Mix through a homemade dressing made with plain yoghurt, lemon juice, mustard and a little olive oil

## Get real with 5+ A Day@work

Real value: buy fruit and vegetables that are in season

Real fast: take leftovers or prepare lunch the night before

Real healthy: include a piece of fruit or handful of vegetables for snacks, and load up sandwiches and wraps with vegetables



## Sandwich fillings

5+ A Day@work sandwich tips:

- Take vegetables in a container and put your sandwich together at work to prevent it getting soggy
- For a change use whole grain pita, naan, bagels or tortilla wraps instead of bread
- Try roasting vegetables the night prior to make tasty sandwiches. Roasted mushrooms, red capsicum and eggplant are great in sandwiches or wraps

Try the following combinations:

- Load up sandwiches or wraps with some or all of the following: grated carrot, capsicum, sliced cucumber, mushroom, tomato and spinach, avocado, lettuce and grated carrot or beetroot
- Roasted Portobello mushrooms, sliced tomato and hummus
- Roasted red capsicum, lettuce and light cottage cheese

## Winter lunches

- Leftover vegetable soup, quiche, lasagne, homemade pizza
- Roast vegetable salad – chop any vegetables into bite sizes. Drizzle with olive oil, season to taste and roast for 20 minutes or until tender. Make a dressing with plain yoghurt, sweet chilli sauce, minced garlic or ginger
- Overnight chilli – in a crockpot put chopped vegetables, a can of chilli beans and a can of tomatoes. Add a teaspoon of chilli, cumin and crushed garlic. Set it cooking at night so it is ready to take to work in the morning
- Jacket potatoes or kumara with low-fat fillings such as cottage cheese and chives



Visit [5aday.co.nz](http://5aday.co.nz) for more 5+ A Day@work ideas and recipes