

Guideline to maintaining the nutrient content in fruit and vegetables

- Wash fruits and vegetables before cooking or eating them.
- Avoid soaking fruits and vegetables after cutting or chapping them.
- Avoid cooking vegetables too long.
- When cooking add the vegetables once the water boils or the oil is hot enough.
- Use any excess water from boiled vegetables as a soup stock.
- Cook the hard parts of vegetables first.
- Keep fruits and vegetables away from sunlight and heat.

Nutrient	Examples	Goodness
Vitamin C	Papaya, guava, starfruit, orange and pineapple	Helps form collagen that heals wounds. Helps the absorption of iron. Increases the body's immune system against diseases.
Vitamin A	Kangkung, cengkur manis, carrot, Chinese kale, spinach	Important for healthy eyes, skin and bones. Prevents night blindness and damage to the eyes.
Fibre	Vegetables, fresh greens, fruits, legumes, cereals, breakfast cereals, corn, pasta, etc	Reduces cholesterol content in blood. Reduces constipation. Helps in controlling body weight. Controls blood sugar level.

- 1 Minimise sugar
- 2 Minimise salt
- 3 Minimise oil
- 4 More fruits
- 5 More vegetables

healthy eating



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HEALTHY EATING SERIES

Eat More FRUITS and VEGETABLES



Fruits and Vegetables

Introduction

Fruits and vegetables are the main source of vitamins, minerals, fibre and antioxidants that are necessary for good health. Fruits and vegetables also have a low calorie and fat content and no cholesterol.

Why do we need to eat fruits and vegetables?

Fruits and vegetables are necessary because they are rich in goodness, such as the following:

- Fibre reduces the problem of constipation.
- Vitamins and minerals help prevent disease.
- Potassium strengthens muscle function.
- Antioxidants slow down the ageing process.

In addition, fruits and vegetables can be a nutritious snack for the very reason they are low in fat, low in calories and do not contain cholesterol.

Ideally we should have 3-5 helpings of fruits and vegetables a day.

Suggested servings

One serving of vegetables

- $\frac{1}{2}$ cup of dark green leafy vegetables eaten with the stalks or
- 1 cup of raw vegetables or fresh greens



One serving of fruit

- $\frac{1}{2}$ of a medium-sized guava or
- 1 medium-sized orange, apple or pear or
- 1 medium-sized banana or 1 slice of papaya, or pineapple

Tips on how to increase consumption of fruits and vegetables

- Eat a variety of fresh fruits.
- Substitute fruits to snack on.
- Choose fresh fruit instead of tinned fruits.
- Eat fruit with its skin for added fibre.
- Drink sugar free fresh fruit juices.
- Eat vegetables and fruits of differing colours.
- Always choose vegetable soup and minimise soup that contains cream.
- Always consume fresh greens.

