



MEDIA RELEASE

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SUMMER - A GREAT TIME TO GET FRUITY

The Department of Health says summer is a great time to give your diet an overhaul and increase your intake of fruit and veg.

Director of Health Promotion Branch, Michele Herriot says you can make the most of the season by buying SA grown fruit that's in season and at its most flavoursome.

"Not only does in-season fruit and veg taste great, it's also the best value for money," Ms Herriot said.

"Most people know that fruit and vegetables are good for them but this is often not motivation enough to prompt them to increase their intake."

But Ms Herriot says a healthier diet can be simple to achieve.

"Think about what you usually eat during a typical day and how you can add some extra fruit and veg. If you can make just a few small changes, you'll notice some big rewards in a short time.

- Add some fruit to your breakfast cereal
- Pack some fruit for a mid-meal snack, for work or when you are going out
- Add some extra vegies to your sandwich or roll for lunch & to your main meal at night

"Summer stone fruit and cherries are delicious and ready to eat while summer vegies are also at their peak. Salads made from fresh local produce are a great way to add an extra serve of vegies to your day."

The promotion of fruit and vegetables is a national and South Australian Health priority.

"Survey data indicates South Australian adults are not eating enough fruit and vegetables to meet the National Health and Medical Research Council's recommended daily intake of at least two serves of fruit and five serves of vegetables," Ms Herriot explained.

"Children also aren't eating enough, particularly vegetables.

"There is good evidence that shows an inadequate intake of fruit and vegetables increases the risk of developing cardiovascular disease, Type 2 diabetes and some forms of cancer and contributes to being overweight.

"While there's so much fruit and veg available for most of the year it's easy to lose track of just what is freshest."

Enquiries: SA Health Media Line: (08) 822-66-488

The best fruit and veg to buy between now and March are:

<i>SA and Australian grown</i>		<i>SA grown</i>	
Apples	Peaches	Avocadoes	Potatoes
Apricots	Pears	Beans	Radish
Bananas	Plums	Bok choy	Salsify
Berries (blueberries, raspberries & strawberries)	Pineapple	Capsicums	Shallots
Cherries	Strawberries	Carrots	Silverbeet
Grapes	Watermelon	Celery	Spinach
Mangoes	Honeydew	Chillies	Squash
Nectarines	Melon	Cucumber	Sweetcorn
Oranges	Rockmelon	Lettuce	Tomatoes
Passionfruit	Peaches	Mushrooms	Turnips
	Plums	Onions	Zucchini
		Parsnips	
		Peas	

Good SA grown all year round vegetable picks are:

Beans, celery, carrots, capsicum, pumpkin, silverbeet, bunch lines (herbs, spring onion, spinach) and tomatoes

10 Top Reasons to increase your fruit and veg intake

1. **Keep looking young and healthy:** Fruit and veg is nature's alternative to botox – they are packed full of vitamins and anti-ageing phytochemicals including antioxidants.
2. **Boost your immune system:** Vitamins and phytochemicals naturally in fruit and veg protect cells from damage by toxins in the environment.
3. **Reduce the risk of cancer:** Research shows that between 5% and 30% of cancers could be prevented through increased fruit and vegetable consumption:

A review by the World Cancer Research Fund into evidence of the role fruit and vegetables play in prevention of released last reached the following conclusions:

- Green leafy vegetables and veggies such as broccoli, bok choy, garlic and onions probably protect against cancers of the mouth, pharynx, larynx, oesophagus and stomach.
 - Allium vegetables such as leeks and onions probably protect against stomach cancer and garlic probably protects against colorectal cancer.
 - Fruits probably protect against cancers of the mouth, pharynx, larynx, oesophagus, lung and stomach.
 - Foods containing dietary fibre, including fruit and vegetables, probably protect against colorectal cancer.
4. **Reduce the risk of heart disease:** Fruits and vegetables are rich sources of phytochemicals (plant chemicals) that may help reduce our risk for certain types of illnesses including cancer and heart disease.

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US research shows increasing your fruit and veg intake by one serve per day reduces the risk of coronary heart disease by 4% while European research shows that an increase of fruit and veg intake to the recommended 2 serves of fruit and five serves of vegetables a day could reduce coronary heart disease by 17-24%

5. **Keep walking:** Adequate fruit and veg promotes bone health and reduces osteoporosis.
6. **Ensure a healthy pregnancy:** A high maternal intake of folate immediately prior to and in early pregnancy helps to prevent major birth defects such as spina bifida. Fruit and vegetables are the main source of dietary folate in Australia and contribute about a third of the average folate intake of women of child bearing age
7. **Keep trim or lose weight:** Many vegetables contain 50 calories or fewer for a whole cup (and lots of water), while only five potato chips or one small biscuit has the same number of calories. If you satisfy your appetite with fruit and veg, you will not feel the need to eat higher-calorie foods like pastries, cakes and muesli bars.
8. **Lower blood pressure levels:** Research shows that eating ½ to 1½ cups of fruit or veg each day reduces age-related increase in blood pressure; and that the blood pressure lowering effects occur even in children and those with high blood pressure.
9. **Protect your eyesight:** Eating more fruit and veg, particularly those that are green and yellow reduces risk for one of the most common causes of adult blindness, cataracts, five-fold.
10. **Experience pure pleasure:** Adding the vibrant colours of fruit and vegetables, the reds, oranges, purples, greens and yellows can make any dish more visually appealing. Also, the diversity of textures and tastes of these foods will add interest and flavour to many meals.