

Fruit and Vegetables

Fruit and vegetables are a rich source of dietary fibre and vitamins as well as an essential part of a balanced diet. According to the Healthy Eating Food Pyramid, adults are recommended to consume 3 servings of vegetables and 2 servings of fruit every day. Yet, it was discovered in the *Report of Population Health Survey 2014/2015* that 94.4% of persons aged between 15 and 84 have an inadequate intake of fruit and vegetables, consuming less than the recommended 5 servings per day. As fruit and vegetables help prevent a number of chronic diseases and health problems such as constipation, hypertension, diabetes, stroke, heart disease, certain types of cancers and obesity, it is particularly vital to have an adequate intake of fruit and vegetables.

Below are examples of 1 serving of vegetables and 1 serving of fruit:

<p>1 serving of vegetables is approximately equivalent to...</p> <ul style="list-style-type: none"> • 1/2 bowl of cooked vegetables, gourds or mushrooms (e.g. choy sum, hairy gourd and wood ear fungus) • 1 bowl of raw leafy vegetables (e.g. lettuce) • 180 ml of pure vegetable juice with no added sugar or salt (e.g. fresh tomato juice and fresh carrot juice) 	<p>1 serving of fruit is approximately equivalent to...</p> <ul style="list-style-type: none"> • 2 small-sized fruits (e.g. kiwi fruit and plum) • 1 medium-sized fruit (e.g. orange and apple) • 1/2 large-sized fruit (e.g. banana and grapefruit) • 1/2 bowl of mini-sized fruit (e.g. grapes, strawberries and lychees) • 180 ml of pure fruit juice with no added sugar
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Note: 1 bowl = 250 to 300 ml

Work takes up at least one-third of your time a day. If you can eat more fruit and vegetables in the workplace, you will find it easy to meet the recommended daily intake of 3 servings of vegetables and 2 servings of fruit. Here are some tips on how to eat more fruit and vegetables at work:

1. Store more fruit or dry, crunchy vegetables (e.g. carrot sticks) and less unhealthy snacks (e.g. candies and chocolates) in your workplace

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2. Choose 1 serving of fruit over unhealthy snacks if you feel hungry between meals
3. While eating out at lunch time, order a dish of blanched vegetables without oil or a salad with less dressing. If you bring lunch to work, vegetables should fill up at least one-third of your lunch box
4. Buy your colleagues fruit cups instead of unhealthy foods such as cakes and egg tarts

As there is no single fruit or vegetable that can provide all the nutrients required by our body, we encourage everyone to eat fruits and vegetables of various types and colours (e.g. red, yellow, green, orange, purple and white). However, the following fruits and vegetables are not recommended for frequent consumption:

- Preserved vegetables (e.g. preserved mustard, preserved mustard greens and pickles) and some processed dried vegetables (e.g. processed seaweed), since these foods contain higher levels of oil, sodium or sugar
- Fruits that contain a high amount of fat (e.g. coconut, durian and avocado)
- Fruits with a lot of added sugar, e.g. canned fruits and dried fruits with added sugar

Q:	Can we replace fruit with fruit juice?
A:	It is not advisable to replace fruit with fruit juice. Fruits lose much of their nutrients such as vitamins, minerals and dietary fibre when they are juiced. Generally, it takes 2 to 3 fruits to make 1 glass of fresh fruit juice, which contains more calories and sugar but less dietary fibre and nutrients than a whole fruit. We therefore encourage you to eat a whole fruit.

Despite hectic work schedules, it is important to maintain a balanced intake of nutrients. We should consume at least 3 servings of vegetables and 2 servings of fruit every day and choose fruit and vegetables of various types and colours. To attain the goal of eating 5 servings of fruit and vegetables every day, we can replace snacks with such foods in the workplace. Meanwhile, preserved vegetables, high-fat fruits and fruits with a lot of added sugar should be consumed less frequently.