



# The Fruits of Summer

Fruit is one of nature's super foods, packed full of vitamins, minerals and antioxidants. For much of human history, fruit has been a favourite food; and for good reasons. Fruit is tasty, easy to digest, high in fibre and a source of natural sugars that provide a great hit of energy.

## Nutritional value & benefits

Fruits are nutrient powerhouses. They contain a wide variety of nutrients that are essential for good health including vitamin C, beta carotene and potassium. Their fibre and low kilojoule content makes them filling and beneficial for balancing body weight.

Numerous research studies have demonstrated that the powerful combination of vitamins, antioxidants and phytoestrogens in fruit work together to help prevent cancers. Fruit can help reduce your cholesterol levels and lower your blood pressure. Plenty of fruit as part of a healthy diet can protect against heart disease, stroke, and kidney disease. Fruit is also one of your best defenses against infections from bacteria and viruses, keeping your immune system strong. And ever more so, the antioxidants found in fruit help to prevent and repair cell damage that occurs from everyday wear and tear.

By choosing nutrient-rich fruits that provide the most nutrients per calorie, you can build a healthier life and start or continue down a path of health and wellness.

## How much fruit?

Age (years)	Fruit (serves)
4-7	1-2
8-11	1-2
12-18	3-4
18 +	2 +
Pregnant & Breastfeeding	4-5

Source: The Australian Guide to Healthy Eating



## What is a serve of fruit?

- 1 medium sized fruit e.g. an apple, peach, banana, mango, pear
- 2 pieces of smaller fruit e.g. apricots, passionfruit, kiwifruit
- 1 cup of chopped fruit e.g. strawberry, pineapple, fruit salad
- 1 ½ tablespoons of dried fruit or four dried apricots
- ½ a cup of fruit juice

Source: Go for 2&5



## The fruits of summer:

Fruits in season this summer include

- Mango
- Berries & currants – strawberry, blueberry, mulberry, blackcurrant, redcurrant, blackberry, raspberry
- Pineapple
- Banana
- Passionfruit
- Melon – watermelon, rockmelon, honeydew Apricot
- Peach
- Citrus – Orange Nectarine
- Plum
- Strawberry
- Paw paw
- Lychee
- Grape

*Eat a "rainbow" of fruits to get all the health benefits that fruits offer. Selecting fruit that is in season this summer is cheaper and will allow you to eat fruit at its freshest!*

# COMPLETE THE QUIZ BELOW FOR YOUR CHANCE TO WIN A 30 MINUTE MASSAGE

Circle the correct answers below and place this quiz in our suggestion box by the  
25<sup>th</sup> January 2012 for your chance to

## WIN A 30 MINUTE MASSAGE

Fruit is one of nature's super foods, packed full of vitamins, minerals and  
antioxidants

TRUE / FALSE

Some people don't like to eat fruit because it is hard to digest, doesn't provide much  
fibre, and is high in sugar.

TRUE / FALSE

Fruit is high in vitamin C, beta carotene and potassium.

TRUE / FALSE

A adult over the age of 18 years should consume 4-5 serves of fruit per day.

TRUE / FALSE

Fruit can help to prevent cancer.

TRUE / FALSE

Name: \_\_\_\_\_ Phone: \_\_\_\_\_



2B Brett Street, Revesby NSW 2212 | P: 8707 6930 | F: 9792 4684 | healthmates@rwc.org.au  
healthmates.com.au

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