

Fruit and Vegetables: Trivia

1. Many people would rather drink juices than eat the fruit, but do you know how many teaspoons* of sugar exists in a glass (240 ml) of freshly squeezed apple juice?
A. 2 teaspoons B. 3 teaspoons C. 5 teaspoons
2. After how many hours at room temperature should pre-cut fruit be discarded?
A. 2 hours B. 4 hours C. 6 hours
3. Which fruit (by each 100 g) has the highest fat content?
A. coconut B. durian C. avocado
4. Which vegetable (by each 100 g) has the highest calcium content?
A. broccoli B. choy sum C. Chinese kale

Note: 1 teaspoon = 5 g



Answer: 1. C; 2. B; 3. A; 4. C

Revised in 2021

A smart way to include more fruit and vegetables in your diet

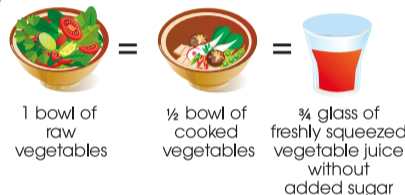
Be innovative! Then you can pack all 5 servings of fruit and vegetables into your meals with no difficulty:

- ✓ **breakfast:** add vegetables on sandwiches or in noodles, or have some fruit
- ✓ **lunch and dinner:** eat at least one serving of vegetables
- ✓ **morning or afternoon tea:** have fruit as snacks
- ✓ **dining out:** choose vegetable soup (and eat the ingredients as well); have salad as appetiser; have vegetable-based main dishes wherever possible; have fruit as dessert
- ✓ **when cooking at home:** cook seasonal vegetables; prepare a minimum of two dishes made with vegetables for each meal



To know more information:
<https://www.chp.gov.hk/en/static/90026.html>

"One serving of vegetables" is roughly equivalent to:

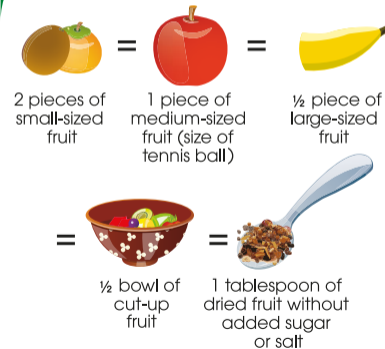


Enjoy fruit and vegetables every day. "2+3" is the way



Note:
1 bowl = 250-300 ml;
1 glass = 240 ml;
1 tablespoon = 15 ml

"One serving of fruit" is roughly equivalent to:



Do you have enough fruit and vegetables every day?

In order to improve health and reduce risks of major diseases, the Department of Health recommends a daily intake of at least 2 servings of fruit and 3 servings of vegetables for adults. Studies showed that about 95% interviewees have an inadequate intake of fruit and vegetables every day, and the situation is worsening.

What is the problem of not having enough fruit and vegetables?

According to the World Health Organization, about 1.7 million (about 3%) of deaths worldwide are attributable to low fruit and vegetable consumption. Insufficient intake of such is also estimated to cause around 14% of gastrointestinal cancer deaths, about 11% of ischaemic heart disease deaths and about 9% of stroke deaths globally.



衛生署
Department of Health



Nutritious fruit and vegetables in abundant choice

Fruit and vegetables are a rich source of water, dietary fibre, minerals, vitamins, etc., and thus very good for health. **Dietary fibre** helps stabilise blood sugar and prevent constipation. **Potassium** helps stabilise blood pressure. **Vitamin C** promotes growth and repair of cells and aids wound healing. **β -carotene** helps maintain good eyesight.



Those with higher dietary fibre

- Fruit: guava, pear, kiwi, starfruit, green apple, etc.
- Vegetables: lotus root, garland chrysanthemum, bud chives, carrot, broccoli, etc.



Note: by each 100 g for the above fruit and vegetables

Those with higher potassium

- Fruit: plantain, jackfruit, guava, banana, passion fruit, etc.
- Vegetables: Chinese spinach, spinach, taro, water chestnut, etc.



Note: by each 100 g for the above fruit and vegetables

Those with higher vitamin C

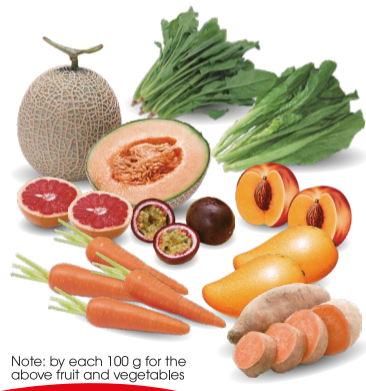
- Fruit: guava, kiwi, longan, papaya, orange, etc.
- Vegetables: bitter cucumber, broccoli, leaf mustard, Chinese kale, pea shoot, etc.



Note: by each 100 g for the above fruit and vegetables

Those with higher β -carotene

- Fruit: cantaloupe, apricot, passion fruit, red grapefruit, mango, etc.
- Vegetables: sweet potato, carrot, leaf mustard, spinach, etc.



Note: by each 100 g for the above fruit and vegetables

Choose from a variety and eat at least 5 servings of fruit and vegetables every day

Each kind of fruit and vegetables provides different nutrients to the human body. For your own health, eat **at least 5 servings of fruit and vegetables** every day, and also eat **a variety** of fruit and vegetables to make more fun!

