

## Five a Day

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You may have attended one of the local road-shows that tour the country and have heard that the World Health Organisation now recommends that we eat 1lb of fresh fruit and vegetables every day, excluding potatoes. That is about five portions of fruit and vegetables a day to stay healthy.

The reason is they are rich in anti-oxidant vitamins and minerals which help combat heart disease and cancer.

Vegetables are best cooked in a small amount of water or in a steamer.

Micro-waving is also an excellent way of cooking vegetables since little water is needed, about three tablespoons on average or, in the case of frozen vegetables, usually none at all.

Vegetables are also delicious eaten raw.

The following chart shows the various vitamin contents in certain foods: -

<b>Vitamin</b>	<b>What it is found in</b>
Vitamin A (Carotene)	Carrots, spinach, peppers, cheese, dried apricots, watercress & margarine. Vitamin B1 (Thiamin) Rice, bran, oatmeal, peas, whole-wheat bread and sunflower seeds.
Vitamin B2 (Riboflavin)	Mushrooms, prunes, broad-beans and almonds.
Vitamin B3 (Niacin)	Dried peaches, dates and sesame seeds.
Vitamin B6 (Pyridoxine)	Currants, bananas, bran and peanuts.
Vitamin B12	Sosmix, yoghurt, milk, eggs and cheese. (Sosmix is a vegetable sausage mixture.)
Folic Acid	Spinach, broccoli, bran and nuts.



# Upbeat - Heart Support In West Suffolk

Charity No 1087415

Upbeat Is Affiliated To The British Heart Foundation and Arrhythmia Alliance The Heart Rhythm Charity.

Biotin	Vegetables, pulses and yeast extract.
Pantothenic Acid	Found in all natural foods.
Vitamin C	Oranges, grapefruit, blackcurrant, parsley, broccoli, cabbages and strawberries.
Vitamin D	Sunlight enables the body to make vitamin D in the skin. Found in cheese, eggs, butter and fish, particularly oily fish.
Vitamin E	Vegetable oils, wheat-germ and nuts.

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