

Why Fresh Fruit & Vegetables are so good for you!

NUTRITION	FUNCTION	VEGETABLE	FRUIT
Carotenoid	Converted into Vitamin A in the body. Stimulates the growth of new cells and keeps them healthy. Important as antioxidant or free radical fighters.	Orange and dark green coloured vegetables. eg. pumpkin, carrots, Kumara, spinach, parsley and broccoli.	Yellow and orange fruits- especially apricots, peaches, nectarines, paw paw, mango.
Vitamin B group	Releases energy from food. Promotes a healthy nervous system.	Green Vegetables	Avocado
Vitamin C	Fights against infection and is used in tissue repair and general health. Helps the body absorb iron from food.	Excellent: Red, green peppers and parsley. Very good: Brussel sprouts, broccoli, cabbage, spinach, cauliflower & radishes. Good: Leeks, lettuce, spring onions, kumara, tomatoes, turnips, peas, beans, asparagus and potatoes.	All fruit - especially citrus fruit, kiwifruit, paw paw and mango.
Vitamin K	For clotting of the blood.	Leafy green vegetables, turnips, broccoli, lettuce, cabbage, spinach, asparagus, watercress, peas and beans.	nil
Calcium	Essential for healthy teeth and bones.	Spinach, parsley, broccoli, celery, leeks spring onions, cabbage, turnips and carrots.	Rhubarb, blackcurrants, blackberries
Iron	An important part of red blood cells. Helps carry oxygen around the body. *Extremely important for brain function and learning.	Spinach, silverbeet, parsley, leeks carrots and potatoes.	Avocado
Potassium	Controls the working of muscles and nerves. Appears important in preventing high blood pressure. Essential component of every cell.	All vegetables.	All fruit - especially avocado, banana, blackcurrants
Fibre	Maintains a healthy digestive system. Decreases the risk of heart disease and cancer. Is important in control of weight.	All vegetables.	All fruit.

* Absorption of iron is increased when fruits and vegetables containing iron are consumed at the same time as vitamin C rich foods.