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Welcome to your
Corporate Bodies
International Fortnightly
Health Email

Fortnightly Challenge

Include a variety of fresh
fruit each day.



**Corporate Bodies
International**

Phone: 1300 21 31 41

Fax: (02) 9439 9366

Email: [click here](#)



**Corporate
Bodies
International**

This fortnight's healthy topic...

An Apple a Day Keeps the Doctor Away



The importance of fruit and veg

An easy way to improve health and lose weight is to increase fruit and vegetable intake.

Fruit and vegetables provide essential vitamins and minerals vital to health. Increasing their intake reduces chronic disease risk including coronary heart disease, stroke, high blood pressure, cholesterol and cancer.

Most fruit and vegetables contain no unhealthy fats or cholesterol and are low in calories while being high in fibre and antioxidants.

Colour is the key

Different coloured fruits and vegetables contain different types of minerals, phyto nutrients and antioxidants.

- **Red** fruits contain lycopene, important for fighting prostate cancer.
- **Green** vegetables contain lutein and zeaxanthin, which may protect against age-related eye disease.
- **Blue** and **purple** like blueberries and eggplant, contain anthocyanins, which protect against cancer.
- **White** vegetables contain sulforaphane, which may also protect against cancer.

Why not try these ideas!

Add grated apple, tinned fruit, mashed banana or strawberries to pancake mixture, muffins or porridge.

Chop up in-season fruit and use frozen berries for a fruit salad.

Fruit smoothies are a great way to encourage people to eat fruit and dairy foods.

Here's to demystifying another health topic!

Yours in Health, **The Corporate Bodies Team.**