

DEPARTMENT OF  
**NUTRITION & DIETETICS**

# Increase Fruits & Vegetable Intake



# Why Should We Eat Fruits and Vegetables?

## How Much is 1 Serve of Vegetables?



### WHY SHOULD WE EAT FRUITS AND VEGETABLES

- Naturally low in fat, calories and salt
- Contains a range of essential vitamins and minerals
- Good source of dietary fibre:
  - Helps reduce blood cholesterol levels and risk of heart disease
  - Promotes proper bowel function
  - Offers feeling of fullness with lower overall calorie intake

We should aim to have 2 servings of fruit and 2 servings of vegetables per day.



### So what does one serving of fruit or vegetables look like?



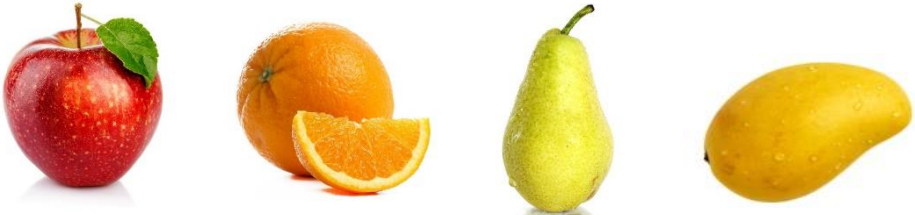
- Raw Non-leafy vegetables (100g)



- 1 mug cooked vegetables\* (100g)

\* Starchy or root vegetables like potatoes and corn do not count as vegetables as they are starchy and are more like rice or bread.

# HOW MUCH IS 1 SERVE OF FRUIT?



◎ 1 **SMALL** apple, orange, pear or mango (130g)



◎ 1 **WEDGE** papaya, pineapple or watermelon (130g)



◎ 10 grapes or longans (50g)



◎ 1 **MEDIUM** banana



◎ 1 **CUP** dried fruit\* (40g)

\* AVOID DRIED FRUITS WITH ADDED SUGAR OR SUGAR COATING

# HOW CAN WE INCREASE OUR FRUIT AND VEGETABLE INTAKE?

- ⊙ Aim to have 1 fruit serve at 2 of your meals daily
- ⊙ Substitute snacks at break time for a serve of fresh fruit
- ⊙ Keep a bag or container of pre-cut fruit in the fridge or freezer to eat at a later time
- ⊙ Mix in vegetables or fruits (e.g mangoes, pineapples) into meat dishes, stews or curries
- ⊙ Add fruits or vegetables into yoghurt/curd
- ⊙ When buying food, choose 2 vegetable sides + 1 protein side
- ⊙ Canned fruit and vegetables with the Healthier Choice Symbol are good, nutritious alternatives to fresh produce
- ⊙ Choose canned fruit in natural fruit juice rather than syrup and canned vegetables without added salt



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