

and dried fruits are healthy also.

- Use fruits as a snack or in salads and desserts.
- Use fruits on the top of cereal and pancakes.
- ½ c. each of a frozen vegetable, a legume and fruit with 1 c. milk (milk alternative) to make a smoothie.
- Choose appropriate portion sizes of fruit.



GOVERNMENT OF BERMUDA

Department of Health

Fruits and Vegetables



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<https://www.gov.bm/eat-well-bermuda-dietary-guidelines-bermudians>
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References:

http://www.diffen.com/difference/Fruit_vs_Vegetable

Fruit:

Bermuda fruits: oranges, bananas, lemons, grapefruits, loquats, cherries, pears, plantains, sugar apples, paw-paws, pomegranates, and plums

Fruits recognized as vegetables: tomatoes, cucumbers, squashes, zucchini, avocados, green, red, and yellow bell peppers, peapods, pumpkins, olives, and eggplant.

Vegetables:

Broccoli, cauliflower, pumpkin, zucchini, green beans, cucumbers, lettuce, tomatoes, onions, garlic, beets, mustard greens, kale, collards and nasturtium leaves, christophine, sweet potato, callaloo, brussels sprouts, green peas, fava beans and kidney beans.

What are fruits and vegetables?

A **vegetable** is a plant or part of a plant which may or may not spread into an offspring such as the root of beets, leaf of spinach or flower buds of broccoli.

A **fruit** is normally sweet and is the fleshy edible part containing seeds.

What are the health benefits of fruits and vegetables?

- Contain a natural source of vitamins, minerals and antioxidants (protective elements)
- Low in calories when fats and sugars are not added
- Helps to reduce the risk of heart disease and certain types of cancers
- Potassium content is helpful in controlling blood pressure

- When pregnant, folic acid in green vegetables assist with a healthy baby
- Fiber in vegetables and fruits help to increase the feeling of fullness for weight loss and weight maintenance
- Promotes healthy bowel function

Recommended amount

The recommended daily amount of fruit and vegetables is at least 5 servings a day for health benefits. A serving is ½ cup of canned or cooked fruit or vegetable, a small fruit, or 1 cup of leafy vegetable or ¼ cup dried fruit.

What happens if I get too much?

- Non-starchy vegetables (low in calories) are self-limiting because of the fiber and water content. However, a diet that consists of too much of these foods can decrease the intake of protein and promote unbalanced meals. A high risk category is young vegan children who may decrease total calorie intake due to high fiber content. However, adding sauces like cashew cheese sauce will increase calories. Most persons however, do not consume enough from this group.
- Starchy vegetables have more calories than the non-starchy vegetables. For example: corn, peas, butternut squash, potatoes, legumes, yams, and sweet potatoes. These may be replaced for the starch in the meal. Frying starchy vegetables can double or triple the calories and be a cause for weight gain. Too much food from this group can cause problems for persons with diabetes blood sugars.
- Fruits are not calorie free. So if they are not a part of a balanced meal plan, eating

too much fruit can cause diarrhea, weight gain or increase blood sugars.

What happens if I do not get enough?

The 2014 STEP Survey, reported that most Bermudians are having 3 servings of fruits and vegetables a day. The 2011 Omnibus Survey reported that the cost of fruits and vegetables is a factor why persons are not eating 5 servings a day.

- Their absence might be replaced by sugary or fatty foods which can cause weight gain and nutrient imbalances.
- Fruits and vegetables are high in fiber. Eating a low fiber diet may result in digestion problems including constipation and bowel diseases.

Tips to help

- Use fresh, frozen and canned vegetables to fit into a healthy meal plan.
- Include vegetables in meals and snacks.
- Choose reduced/low sodium canned vegetables and rinse them thoroughly.
- Save vegetable water as broth for soups, stews and casseroles.
- Use the tender, young greens for salads and the older greens as a cooked vegetable.
- Cut up vegetables for a quick snack and serve with a yogurt based dressing or hummus.
- Add small amounts of dressing, reduced calorie dressing, or sauces to vegetables.
- Blend vegetables to use as sauce e.g. tomato or pumpkin sauces.
- All fresh, frozen, canned (in its own juice)