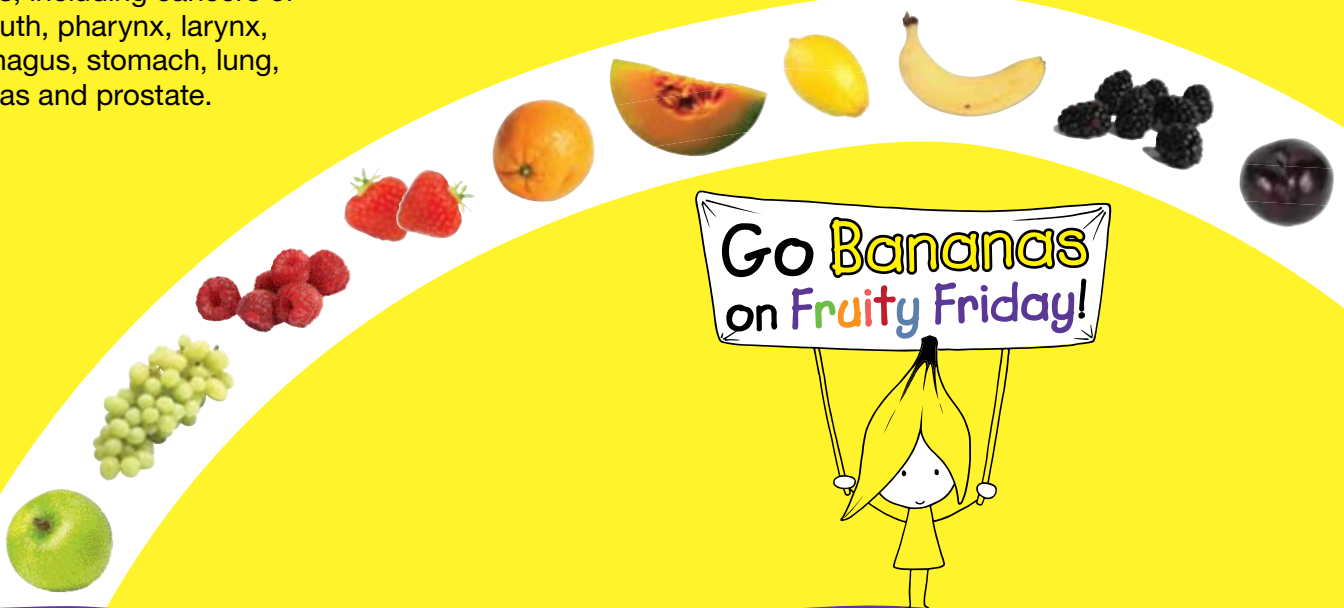


Lower your risk of cancer with fruits and vegetables

Research shows that about a third of cancers could be prevented if we eat healthily, maintain a healthy weight and lead an active lifestyle.

Vegetables and fruits help to reduce our risk of a range of cancers, including cancers of the mouth, pharynx, larynx, oesophagus, stomach, lung, pancreas and prostate.

Vegetables and fruits are low in calories and contain a wide range of **antioxidants, vitamins, minerals, fibre and other phytochemicals** that help to keep the body healthy and protect cells from damage that can lead to cancer.



FOLLOW THE RAINBOW RULE

To see the most health benefits it's important to eat a variety of different types of fruits (and vegetables) each day. Eat a mix of fruit from each of the different colour groups.

Here are some ideas:

GREEN – apple, grape, kiwifruit, pear, honeydew melon

RED – raspberry, rhubarb, strawberry, cherry

ORANGE – mango, orange, papaya, peach, nectarine, cantaloupe melon

YELLOW – lemon, grapefruit, pineapple, banana, lychee, dragon fruit

PURPLE – blackberry, blackcurrant, plum

Many of the bright rainbow colours we see in fruit come from phytochemicals. By choosing a variety of different coloured foods, you will get the best possible mix of health enhancing nutrients.

TOP FRUIT TIPS

- Fresh, frozen, dried and tinned vegetables and fruits all count towards your 5 A DAY.
- Buying berries and other small fruits frozen can be very cost-effective. Sprinkle a handful onto your morning porridge – the heat will defrost them in no time.
- If you have fruit that is unlikely to be eaten before it goes off, liquidise and freeze it as ice cubes. That way it is available any time – defrost and mix with low-fat natural yoghurt!
- Instead of throwing away fruit that has gone past its best, chop it and cook it on a low heat until soft for a delicious compote to serve with granola and yoghurt.
- Use different coloured chopped fruits to make fruit kebabs or fruit salad
- Add cubed melon, mango, apple or pear to savory salads: you will be surprised how tasty it is!

Grilled salmon with mango salsa

(serves 4, 260 kcals,
14g fat, 0.22g salt
per serving)



A simple and delicious meal that counts towards 2 of your 5 A DAY.

Ingredients

- 1 large ripe mango, peeled and cubed
- 1 red onion, finely chopped
- 1 tablespoon virgin olive oil
- 2 small chillies, chopped
- Juice of half a lime
- 2 tablespoons chopped watercress (and 4 sprigs of watercress for decoration)
- Pinch of black pepper
- 4 medium salmon fillets
- Juice of half a lemon
- 8 handfuls of spinach (uncooked)

Method

1. In a large bowl, combine the mango, red onion, virgin olive oil, chillies, lime juice and watercress to make the salsa. Add some black pepper.
2. Brush the salmon lightly with virgin olive oil and a squeeze of lemon juice. Grill on each side for 5-8 minutes, or until cooked.
3. Meanwhile, lightly steam the spinach.
4. Make a bed of spinach on each plate, place the salmon on top with a sprig of watercress and serve with the salsa.

Top Tip

To be sure that your fish is thoroughly cooked before serving, check that it is opaque throughout. It should flake easily with a fork.

Fruity Individual Pavlovas

(serves 2, 150 kcals,
3g fat, 0.1g salt
per serving)



2 of your 5 A DAY.

Ingredients

- 150g/5oz low-fat plain yoghurt
- 2 tablespoons half-fat crème fraîche
- A selection of fresh fruit, chopped into small pieces or 410g/16oz can fruit cocktail, canned in own juice and drained
- 2 meringue nests

Method

1. Blend the yoghurt and crème fraîche together.
2. Divide the fruit mixture between the two meringue nests and top with the yoghurt mixture. Decorate with a sprig of mint or a couple of pieces of fruit and serve immediately.

Top Tip

These desserts are fairly light on calories and fat. Just increase the portion of fruit you put in the nest to make a generous serving.

More recipes at www.wcrf-uk.org/recipes



World Cancer
Research Fund

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"Stopping cancer before it starts"

Go Bananas
on Fruity Friday!



Fruity Friday
is part of WCRF UK's
annual Cancer Prevention week

To find out more visit: www.fruityfriday.org