

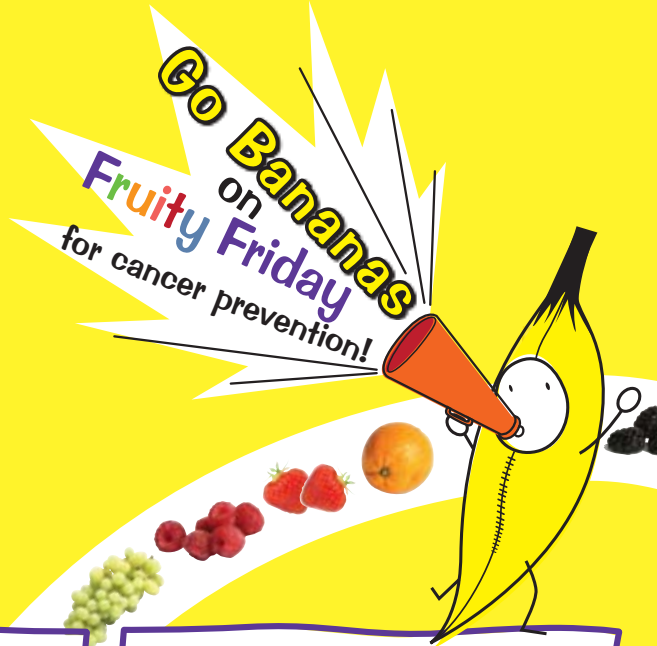


Lower your risk of cancer with **fruits** and **vegetables**

Research shows that about a third of the most common 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 **vitamins**, **minerals**, other **phytochemicals** and **fibre** that help to keep the body healthy and protect cells from damage that can lead to cancer.



Follow the **RAINBOW** rule

Eat a mix of fruits from each of the colour groups. Here are some ideas:

GREEN – apple, grape, kiwi, pear

RED – raspberry, rhubarb, strawberry






ORANGE – mango, papaya, peach

YELLOW – lemon, pineapple, banana

PURPLE – blackberry, plum, blueberry

Many of the colours we see in fruits (and vegetables) come from phytochemicals. By choosing a variety of different coloured foods, you will get the best mix of health-enhancing nutrients.

TOP **FRUIT** Tips

-  Fresh, frozen, dried and tinned vegetables and fruits all count towards your 5 A DAY
-  If you have fruit that is unlikely to be eaten before it goes off, liquidise and freeze it as ice cubes – then defrost and mix with low-fat yoghurt
-  Cook overripe fruit on a low heat until soft for a delicious compote
-  Use different coloured chopped fruits to make fruit kebabs
-  Add cubed melon, mango, apple or pear to savoury salads

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

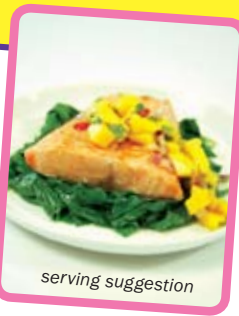
1. Blend the yoghurt and crème fraîche together.
2. Divide the fruit mixture between the two meringue nests and top with the yoghurt mixture. Decorate with a sprig of mint or a couple of pieces of fruit and serve immediately.

Top Tip

To make a generous serving, increase the portion of fruit you put in the nest.

Spicy Mango Salsa

(serves 4,
74 kcals, 3.4g fat,
traces of salt
per serving)



1 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**
- **Pinch of black pepper**

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.

Top Tip

Serve with seafood, fish or chicken and a side salad for a delicious meal.



World Cancer Research Fund

World Cancer Research Fund (WCRF UK)

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“Stopping cancer before it starts”

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Fruity Friday
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annual Cancer Prevention Week

To find out more visit: www.fruityfriday.org