



# Nature's Perfect Package

Fruit and vegetables are **whole foods**. When you eat them in their natural state, they deliver a perfectly balanced nutritional package that keeps your whole body humming.

**Dietary Fibre** in the skin and pulp, slows down absorption of **Energy** into your blood and keeps your appetite satisfied.

**Water** in fresh produce counts towards your recommended '8 Glasses a Day'. If you eat 2 serves of fruit and 5 serves of vegetables each day, you only need to drink 6 glasses of water!

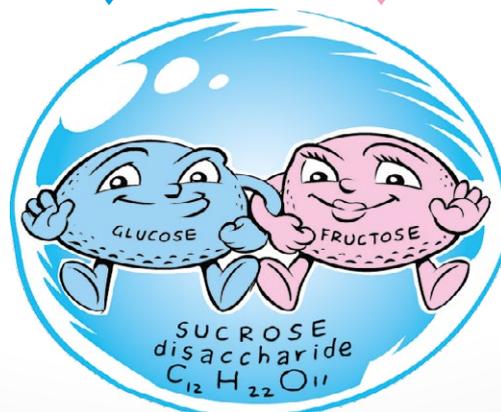
**Nutrients** include vitamins A, B, C, E and folate, minerals such as zinc, magnesium and potassium, and plant-based antioxidants like flavonoids and carotenoids.



**Energy** comes in as Sucrose (sugar) molecules, which contain Glucose and Fructose. There is a lot more Fructose in fruit than there is in vegetables.

Glucose delivers energy to cells all over your body.

Fructose gives food its sweet taste and is processed only in your liver.





# Is it healthy to drink your food?

It takes many pieces of fruit or vegetables to make one drink.

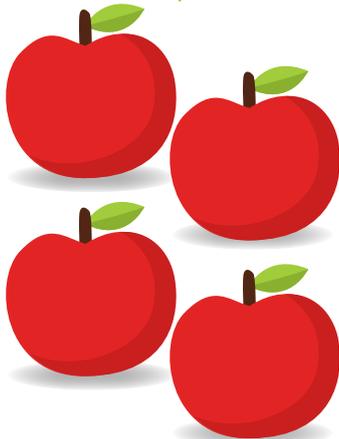
- Too much **Energy** (*Glucose and Fructose*) ends up in your drink and goes into your body:
  - Excess Fructose can damage your liver
  - Excess Glucose is stored as body fat around your vital internal organs

- Much of the **Dietary Fibre** (skin and pulp) is thrown away, so **Energy** is rapidly absorbed into your blood and you feel hungry sooner.



It takes 4 apples

to make 1 glass of apple juice



That's a big hit of sugar!

- Valuable **Nutrients** are left behind with the skin and pulp.



- When you 'drink' your food, you don't:
  - Chew (jaw muscles need exercise too!)
  - Neutralize food acid with your saliva (food acid damages your teeth, bones, muscles and organs).

It is best to eat whole fruit and vegetables, and drink water.

