

# The cool way to 5 A DAY



SENSING THE DIFFERENCE



Just Eat More  
(fruit & veg)

# 5 A DAY is a government initiative encouraging us all to eat more fruit and vegetables as part of maintaining a healthy lifestyle.

Research has shown that eating a variety of at least five portions of fruit and vegetables each day can help to reduce the risk of developing heart disease, strokes and some cancers.

Eating **5 A DAY** is easier than you think. On average, 80 grams (3oz), or a handful of fruit or vegetables counts as one portion. Whether you do a daily food shop or go to the supermarket every couple of weeks, with a little extra planning it's easy to ensure you and your family eat at least five portions of different fruit and vegetables every day.

## Portions that count towards **5 A DAY** include:



Three tablespoons of carrot



Seven strawberries



Two broccoli florets



One medium pear



Three dried apricots



Three tablespoons of sweetcorn

# Why is Whirlpool getting involved?

Whirlpool is pleased to be involved with **5 A DAY** and has been granted a license across its fridge and freezer range. Correct storage of fresh produce, including buying frozen or freezing fresh items, can help ensure fruit and vegetables taste better and last longer. For example, a carrot left in a cupboard will quickly turn limp and the vitamin content will reduce, but if stored in a fridge's crisper drawer the vitamin content will be maintained and the taste will be far superior.

Whirlpool has a fridge freezer to suit you, whatever your lifestyle. The range includes American side by sides which not only look great but store enough food for even the biggest families, and models with the freezers at the top which are perfect for those preferring a larger fridge capacity.

With functions such as the intelligent 6th Sense temperature control, which constantly monitors, adapts and controls temperature changes, your fresh fruit and vegetables will stay as nature intended. For example, should a door be left open, the temperature is restored five times faster than a conventional fridge.



FRBB35AF20



FRSS36AF25/3



AFG8275



ARC4100



ARC4170

## Recipe ideas

Three simple recipes to help you get your **5 A DAY**. All are delicious and each provides at least one portion of the fruit and vegetables needed in your daily diet.

## Ready-to-go fruit salad

SERVES 4

PREPARATION TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

### INGREDIENTS

Prepare in advance and keep in your fridge for the next day.

1 orange or orange juice

1/4 melon

2 slices pineapple

Juice and seeds of 1 passion fruit

1 mango or peach

### METHOD

Squeeze juice from an orange, or add some fresh juice to keep the fruit salad moist

Slice or cube all the fruit

Serve as it is – or spice up with some fresh or frozen berries, fresh banana or a few grapes

## Stir fry vegetables

SERVES 2 – 4

PREPARATION TIME: 5 MINUTES

COOKING TIME: 5 MINUTES

### INGREDIENTS

Add meat, chicken or fish strips to the vegetables or serve simply as an accompaniment to grilled meat or fish. Alternatively use a variety of vegetables to make a tasty vegetarian stir fry dish.

3 spring onions

1 red pepper

2 courgettes

Good handful of frozen peas, mangetout or sugar snap peas

4 mushrooms

1 tbsp oil

Soy sauce, black pepper and Chinese 5 spice powder to season

### METHOD

Dice or slice all the vegetables

Heat the oil in large frying pan or wok

Fry onions until pale brown

Add the other vegetables, lower the heat and sweat for 5 minutes or so

Stirring constantly for about 5 minutes should be enough for a crunchy stir fry

Season

## Fridge soup

SERVES 4

PREPARATION TIME: 5 MINUTES

COOKING TIME: 40 MINUTES

### INGREDIENTS

Get confident enough to vary according to what you have in your fridge or freezer.

2 tbsp olive oil

1 onion

2 leeks

2 carrots

2 parsnips, potatoes or sweet potatoes

750 ml Vegetable stock

Seasonings

### METHOD

Dice all the vegetables

Heat 1 – 2 tbsp of olive oil and fry onion and leeks until pale brown

Add the other vegetables, lower the heat and sweat for 5 minutes or so

Add vegetable stock, season – bring to the boil and then simmer for 25-30 minutes

Mash or liquidise

# Hints and tips

- 1.** Buy a couple of vegetable stir fries when you do your big food shop and store them in the freezer so you have a quick and easy meal to hand at all times. It will stop you reaching for the takeaway menu!
- 2.** 80g of peppers, mushrooms, onions or pineapple on your pizza topping count as one portion.
- 3.** Everyone loves corn on the cob! Buy a pack of mini ones, freeze them and cook them individually whenever you fancy.
- 4.** Liven up soups and sauces with a handful of kidney beans.
- 5.** Always have frozen peas and sweetcorn that you can throw into stews, pasta dishes or just serve with meat and fish.
- 6.** Don't throw away half used tins of tomatoes or sweetcorn, put the unused contents in the fridge in a bowl or plastic container and they should keep for up to 24 hours.
- 7.** Make a giant batch of soup, leave to cool, empty the contents into plastic containers and pop them in the freezer for a quick, nutritious meal at any time.
- 8.** Ditch the crisps! Chop up sticks of celery, cucumber and sweet pepper and drip them into salsa, guacamole or houmous.
- 9.** Add some crunch to your sandwiches with lettuce, tomatoes, cucumber or grated carrots.
- 10.** Don't throw away over ripe fruit - use it to make yourself a delicious smoothie.

To download the guide and for more information on the Whirlpool product range go to [www.whirlpool.co.uk](http://www.whirlpool.co.uk)

For more information on the government's **5 A DAY** campaign visit [www.5aday.nhs.uk](http://www.5aday.nhs.uk)

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