

Pump Up The Produce



Packing as many fruits and veggies as possible into your meals is now more important than ever.

A recent study suggests that although today's agricultural practices deliver a large volume of crops, the fruits and vegetables produced appear to contain fewer nutrients than they did 50 years ago.

5 ++ A Day

If you're worried about getting your fill of vitamins and nutrients, eat at least 4 servings of fruit and 5 servings of vegetables per day.

Aim for diversity

Include plenty of different coloured items, such as strawberries, apples, grapes and berries; broccoli, capsicums, pumpkin, mushrooms and onions.

Multi Vitamins

In addition, adding a high quality multivitamin to your daily routine can help ensure you get the optimum dose of many important vitamins and minerals. Purchase from a health shop, this way you get good advice and a quality product.