



Health capsule



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5 to 10 servings a day

By eating at least one fruit and vegetable with every meal and as a snack, you can easily get your daily requirement of fruits and vegetables.

Canada's Food Guide's recommended fruits and vegetables daily servings :

Children			Teens		Adults			
Age 2-3	Age 4-8	Age 9-13	Age 14-18		Age 19-50		Age 51 and older	
Girls and boys			Women	Men	Women	Men	Women	Men
4	5	6	7	8	7-8	8-10	7	7

Canada's Food Guide also recommends that you eat at least one dark green vegetable and one orange vegetable every day.

The Association québécoise de la distribution des fruits et légumes has made available for you a "Serving card" that can be posted on the fridge door. Therefore you can be sure to eat the servings of fruits and vegetables recommended by Canada's Food Guide. You can download it at the following address: www.jaime5a10.ca/fr/outils or you can also get copies for employees in your company by calling 514-355-4330 ext. 21.

Color is health!

Fruits and vegetables provide a variety of colors that are good for your health, not to mention they embellish your daily menu. It is now scientifically proven that the pigments found in fruits and vegetables help fight against diseases such as certain types of cancers, heart diseases and those related to aging. Each color group provides different beneficial substances. For health and pleasure, vary the colors on your plate!



Lycopene	May protect against prostate cancer	Tomato, papaya, pink grapefruit
Beta-carotene	May play an important role for vision and skin, stimulate the immune system	Carrot, sweet potato, pumpkin
Anthocyanins	May provide anti-aging properties	Blueberries, acai berries, blackberries, eggplant
Lutein	May prevent vision problems related to aging	Spinach, asparagus, broccoli, peas
Allicin	May prevent the development of certain cancers, reduce cholesterol and increase the body's ability to fight infection	Garlic, onions, shallots, leeks



(Source : www.aqdf.ca)

Did you know that ?

Two out of every three adults in Canada are overweight or obese.

The number of Canadians who are overweight or obese has increased dramatically over the past 25 years. There has been a shift towards less physically demanding work, as well as an increased use of automated transport and passive leisure activities, such as television viewing. Changes in our food environment, including consuming larger portion sizes and the availability of a wide variety of inexpensive food, have also made it challenging to maintain a healthy weight. Obesity is a risk factor in a number of serious diseases and conditions (hypertension, breathing problems, and some cancers such as breast, colon and endometrial cancer). Achieving and maintaining a healthy weight is important to reduce the risk of those diseases and improve overall health. Visit [Health Canada](http://HealthCanada) website to learn more about obesity.