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# SLMNA



# NEWSLETTER

SRI LANKA MEDICAL NUTRITION ASSOCIATION

No. 164, Maya Avenue, Colombo 06

## Know your **fruits** and **vegetables**.

In modern lifestyle eating fruit and vegetable is becoming lesser day by day. Although people know the importance of adding fruit and vegetable in to their diet, most people do not achieve the national recommendation.

It is important to know that the amount of fruit and vegetables we have to eat depends on our age, sex, and the level of physical activity. But in general, eating 5- a- day is the target of which 2servings of fruits and 3servings of vegetables daily is the national recommendation for adults. If we take it in gram weight, it is 400g (80g×5) daily.

One serving is one medium size (80g) fresh fruit or vegetable, ½ cup cut fruit/fruit salad or cooked vegetable, one ounce (28g) dried fruits, 1 cup raw vegetables, (150 ml) of fruit or vegetable juice.

Fruits and Vegetables can be fresh, cooked, canned, frozen, or dried, and may be whole, cut-up, pureed, mashed or 100% juice.

Although fresh is the best, 100% fruit and vegetable juices also count. But however much you drink, it will be counted as only one serving per a day.

There are many easy ways to achieve 5-a-day target.

### **At breakfast**

Improve your vegetable intake with a veggie omelette. Simply add finely chopped onions, carrot, curry leaves tomato and seasoning into egg and cook in a non-stick pan. This can go with rice, bread or roti.

In Sri Lankan cuisine chilli paste (lunu mirisa) has a great place. This goes with roti, hoppers, thosei or even bread or traditional milk-rice. Usually this is made using smoked fish, onions, hot chilies, salt and lime, lemon or naran juice. You can improve this by adding tomatoes or tomato puree, curry leave blend, billin or pickled lime or vegetables.

Add finely grated pumpkin, carrot, onions and morringa leaves, curry leave powder in to your dosei mix, roti mix or pittu mix. Eat with home-made pineapple, ambarella or lovi chutney.

For children who are reluctant to eat vegetables, you can add vegetable juice to their favourite food item. Pure veggie or fruit juices can be prepared with a juicer for this purpose. Roti, pittu,

dosei, string hoppers and hoppers will also carry beautiful colours when mixed with beetroot and carrot juices.

A green leafy juice (kola kanda) before breakfast is also a traditional Sri Lankan way which improved vegetable intake.

Those who are busy to run for work can take a fruit and non-fat yoghurt smoothie with breakfast, which will cover one milk and one fruit serving.

### **At tea time/snack**

Eat a fruit serving as a healthy snack. Always pack a fruit whenever you go out so that you can avoid unhealthy snacks.

Add home-made pineapple sauce or applesauce to curd or yoghurt instead of sugar or honey to taste.

Offer your kid popsicles made with 100% fruit or vegetable juices. You can make colour full popsicles using beetroot, carrot, avocado, mango, orange, strawberry and pineapple.

Instead of milk tea, you can make a vegetable soup with added non-fat fresh milk.

### **At lunch**

Most Sri Lankans eat rice and curry at lunch time. Three full table spoons of cooked vegetables cover your one veggie-serving. But to improve variety one can add leafy greens or vegetable salad as well. Mixed vegetable salad is an easy way to add variety. Adding pieces of pineapple or any fruit in to the salad will ensure you fruit serving at lunch.

### **At dinner**

Serving a cup of mixed vegetable soup before the dinner will ensure your veggie serving. This will add variety as well.

Although there are many easy ways to improve fruit and vegetable consumption of the nation, best approach would be to build on the average Sri Lankan diet.

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