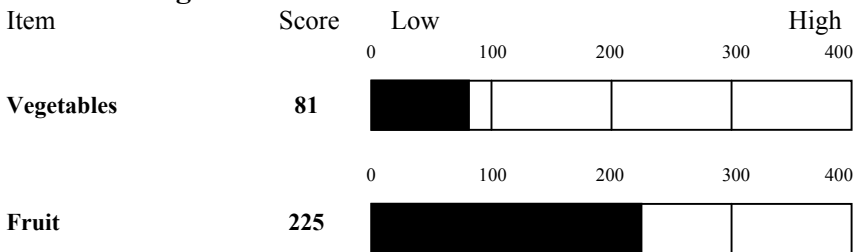


Fruit and vegetables



Vegetables

Do you eat enough vegetables?

According to our calculations you eat on average 81 grams of vegetables per day. With this, you eat an insufficient amount of vegetables. To meet the recommendation you should eat 119 grams of vegetables more every day.

Fruit

Do you eat enough fruit?

According to our calculations you eat on average 225 grams of fruit per day. This means that you eat a sufficient amount of fruit. Congratulations, that is a very healthy habit!

You let us know that you do not have enough time to eat more fruit and/or vegetables. Did you know that frozen vegetables and canned vegetables contain as much vitamins and minerals as fresh vegetables? Do not wait with eating vegetables until dinner. You can eat vegetables at lunch or as a snack. Think about slices of tomato or cucumber on bread or a salad with raw vegetables. Start the day with a glass of orange juice or vegetable juice. [Here](#) you can find a table with information of fruit and vegetables in relation to health. You can find the five base rules concerning a healthy diet over [here](#).