

Why 10-is-the-new-5

Do you want to easily reduce your risk of heart disease, stroke, and cancer?

Did you know you can improve your health by eating more? Sounds good, doesn't it? These statistics on increasing your fruit & veg intake to 10-a-day are absolutely amazing! So why not give it a go?

Eating up to 800 grams of fruit and vegetables a day (10 portions) as compared to NO fruit or vegetables was associated with:

24%

reduced risk of heart disease

33%

reduced risk of stroke

28%

reduced risk of cardiovascular

13%

reduced risk of total cancer

31%

reduction in dying prematurely

Current fruit and vegetable intake recommendations:

- ✓ 5-a day England, World Cancer Research Fund & World Health Organisation
- ✓ 6-a-day in Sweden
- ✓ 7.5-a-day in Denmark
- ✓ 7 - 9-a-day in Norway
- ✓ 8 - 10-a-day in the USA

This study shows that the number of preventable deaths globally due to fruit and vegetable intake under 10-a-day in 2013 would have been:

1,340,000

for coronary heart disease

2,680,000

for stroke

2,270,000

for cardiovascular disease

660,000

for cancer

7,800,000

premature deaths estimated as preventable if 10-a-day eaten

What equals a portion of fruit or vegetables?

80 grams = 1 portion

An 80 gram portion of fruit or veg equals 1 portion. Eating 10 of these will greatly boost your health and increase disease prevention.

TOP TIP

To prevent too much fruit sugar consumption and blood sugar spikes, eat more vegetables than fruit. For 10-a-day eat 6 or 7 veg to 3 or 4 fruit.

FRUITS

1 *ORGANIC
Apple
medium



1/2 Avocado



1 Banana
medium



4 Blackcurrants/
blueberries
heaped
tablespoons



2 Clementines



1/2 Grapefruit



1 *ORGANIC
Grapes
handful



2 Kiwi



1/2 Mango



1 *ORGANIC
Peach or pear



12 Pineapple
chunks



2 Plums



20 Raspberries



9 *ORGANIC
Strawberries



7 *ORGANIC
Tomato
cherry



VEGETABLES

7 Asparagus spears



1/3 Aubergine



3 Beans, French / broad / butter / kidney / runner
heaped tablespoons



7 Beetroot slices



2 Broccoli spears



8 Brussels sprouts



2 Cabbage slices



3 Carrot slices



8 Cauliflower florets



3 *ORGANIC Celery sticks



1/2 Courgette large



2 Cucumber
inch piece



4 Kale
heaped tablespoons



1 Leek white portion only



3 Lentils
tablespoons



1 Mange tout
handful



14 Mushrooms
button



1 Onion medium



1 Parsnips large



3 Peas
heaped tablespoons



1/2 *ORGANIC Pepper



10 Radishes



2 *ORGANIC Spinach
heaped tablespoons



1 Sweet potato large



1 Sweetcorn on the cob



*We have highlighted some of the "Dirty Dozen" fruit & veg that should be eaten organic. Please see ewg.org for more information.

Fewer than 1 in 3 UK adults are thought to meet the current 5-a-day target let alone the 10-a-day target which provides incredible health benefits.

Need a helping hand?

If you are struggling to get your 10-a-day down, there are easy ways to consume a few extra portions a day. These are powdered, dried fruits and vegetables that come in capsule form or powders that can be added to smoothies. Visit the clinic to find out more or visit www.theperrymount.com/shop

The Perrymount Power Smoothie

- ✓ 250ml unsweetened organic non-dairy milk
- ✓ 250ml filtered water
- ✓ 1 medium ripe avocado, peeled
- ✓ 1 small banana or half of a large one
- ✓ handful of berries
- ✓ handful of fresh, washed organic spinach or kale
- ✓ ½ cup unsweetened live yogurt or Kefir (Greek or coconut milk based)
- ✓ 2 tablespoons collagen protein powder
- ✓ 1 tablespoon whole linseeds (optional)
- ✓ 1 teaspoon organic spirulina powder (optional)

Optional add in:

Please see our full list of alternative powdered blends available at The Perrymount Clinic or www.theperrymount.com/shop



For best results, add to a Vitamix or similar blender and blend until creamy (about 30 second on high). If you find that the smoothie is too thick, just add a bit more liquid until your desired consistency is reached.

Smoothie tip: Avoid using just fruit in your smoothy which can contain a lot of fruit sugar which can spike your blood sugar. Notice how the Perrymount Power Smoothie has a mix of fruits, green vegetables, avocado & linseeds for good fats, yogurt & a protein powder source to give a complete balanced start to your day which will boost you nicely towards your target 10-a-day fruit & veg.

Vitamin and Mineral Supplements versus Real Food

Vitamin and mineral supplements contain just that, vitamins and minerals. When you look on the label, what you see is what you get. At times these are extremely useful, for example, getting 400 mg of magnesium in a supplement has fantastic health benefits. However, you couldn't fit all the ingredients of a single strawberry on a label. There would be over 10,000 phytonutrients that have amazing health benefits, all working synergistically together. For long term use it is preferable to use real food and be helped by "real food" supplement powders, which help with convenience. If you would like a full advanced nutritional consultation using the Avatar with Christian Bates then call 01444 410944 and look at this page for more information:

www.theperrymount.com/avatar

The statistics for this information hand-out are extracted from this research paper:
Fruit and vegetable intake and the risk of cardiovascular disease, total cancer and all-cause mortality—a systematic review and dose-response meta-analysis of prospective studies
Dagfinn Aune Edward Giovannucci Paolo Boffetta Lars T. Fadnes NaNa Keum Teresa Norat Darren C. Greenwood Elio Riboli Lars J. Vatten Serena Tonstad Int J Epidemiol dyw319. DOI: <https://doi.org/10.1093/ije/dyw319> Published: 22 February 2017

 01444 410944

 info@theperrymount.com

 www.theperrymount.com

 ThePerrymountClinic

The Perrymount Clinic, 2 Clair Road, Haywards Heath, W. Sussex, RH16 3DP