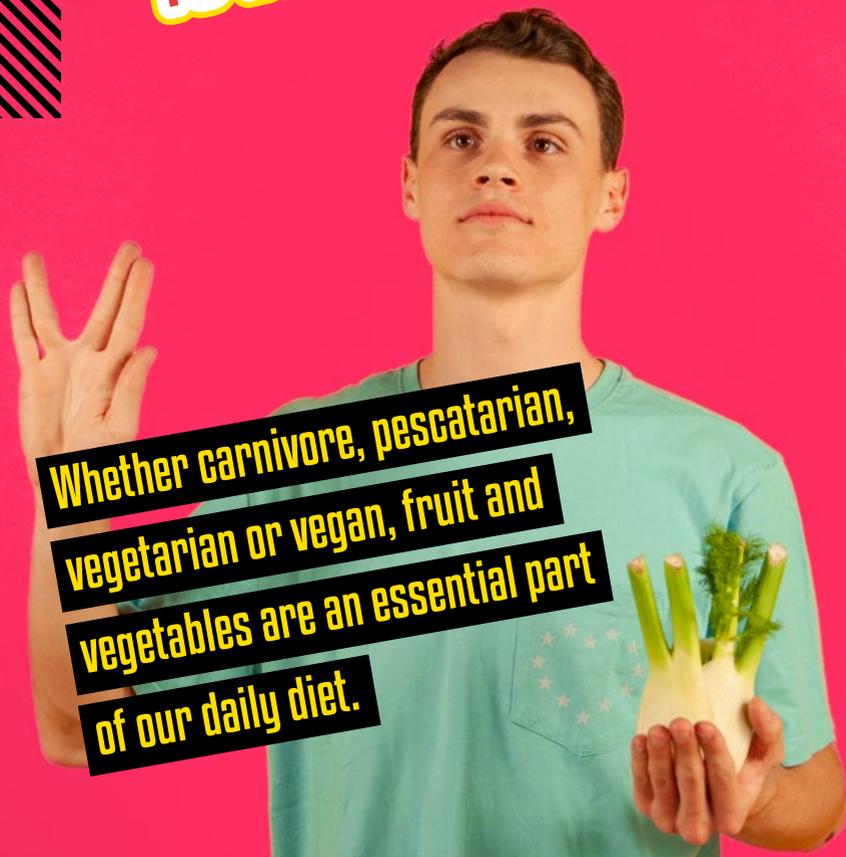


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TO BE HEALTHY!**



**Whether carnivore, pescatarian,  
vegetarian or vegan, fruit and  
vegetables are an essential part  
of our daily diet.**

**#VITAMINLOVER**



CAMPAIGN FINANCED  
WITH AID FROM  
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THE EUROPEAN UNION SUPPORTS  
CAMPAIGNS THAT PROMOTE  
A HEALTHY LIFESTYLE.



# FRUIT AND VEGETABLES ARE YOUR BODY AND MIND'S BEST ASSET

Fruit and vegetables contain vitamins A, B1, B2, B3, B5, B6, B9, C, E and K, as well as much-needed water and dietary fibre: they're all necessary for your body to function well!

They contain micro-nutrients too: **most of them contain copper, manganese, potassium, selenium, calcium, iodine, magnesium and phosphorus** in different proportions.

Some vitamins (A, C E) and other compounds such as polyphenols and carotenoids have **antioxidant properties which means they help your cells fight free radicals and oxidative stress.**

## Day 1

On day 1, let's start easy: eat a carrot. It will provide you with twice the daily recommended intake of vitamin A!

## Day 2

Let's move on to the Bs, while staying efficient: a handful of mushrooms will provide you with vitamins B2, B3, B5 and B9!

## Day 3

For a hit of vitamin C, hit the citrus aisle at the supermarket. #DYK that red peppers actually contain more vitamin C than oranges?

## Day 4

Ready for a real challenge this time? Vitamin E is harder to find, but not impossible: improvise a smoothie with blackberries, blackcurrant and spinach.

## Day 5

Feelin' fancy today? Focus on copper! Avocado will be your best friend here, so cut half one up and add it to your favourite salad.

## Day 6

One of the fruits that contains the most potassium is long and yellow (hint it's a banana!) It's also a nice source of fibres and carbs – get one as a snack to fight cravings!

## Day 7

For Sunday, let's focus on your fibre intake. You actually have quite a few choices: eggplant, artichokes green beans and kiwi are all there for you. Whole grain foods and legumes will also help you get enough fibres.

Want more daily challenges? Have questions about what these vitamins do to your body? **Check our website**

