

# Follow me TO BE HEALTHY!

WITH EUROPE

## #400GCHALLENGE

### SAVING TIME WITH FRUIT & VEG

December is a busy month for all of us, but whatever your end-of-year festivities are, a diet high in fruit and veg is quick to prepare and can help you save time.

They can be prepared in a number of hassle-free ways in the craziness of the holidays - whether you're wrapping presents, decorating a tree or catching up with friends and family. Fruit and veg are tasty and a convenient source of nutrients, needing little time to prepare and giving you more time for the festive season, while making sure that you stay healthy.



**GO RAW WITH CABBAGE FOR DIFFERENT NUTRIENTS THAN WHEN IT'S COOKED**

EXPERIMENT WITH TRAYBAKES, THEY ARE VERSATILE AND QUICK TO PREPARE.

**PLUS THEY'RE IN SEASON TOO**

ROOT VEGETABLES LIKE PARSNIPS OR SWEDES ARE GREAT FOR SLOW COOKING. TRY THEM MASHED INSTEAD OF POTATOES.

ENJOY  
IT'S FROM  
EUROPE

THE EUROPEAN UNION SUPPORTS CAMPAIGNS THAT PROMOTE A HEALTHY LIFESTYLE.

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