

# Follow me TO BE HEALTHY!

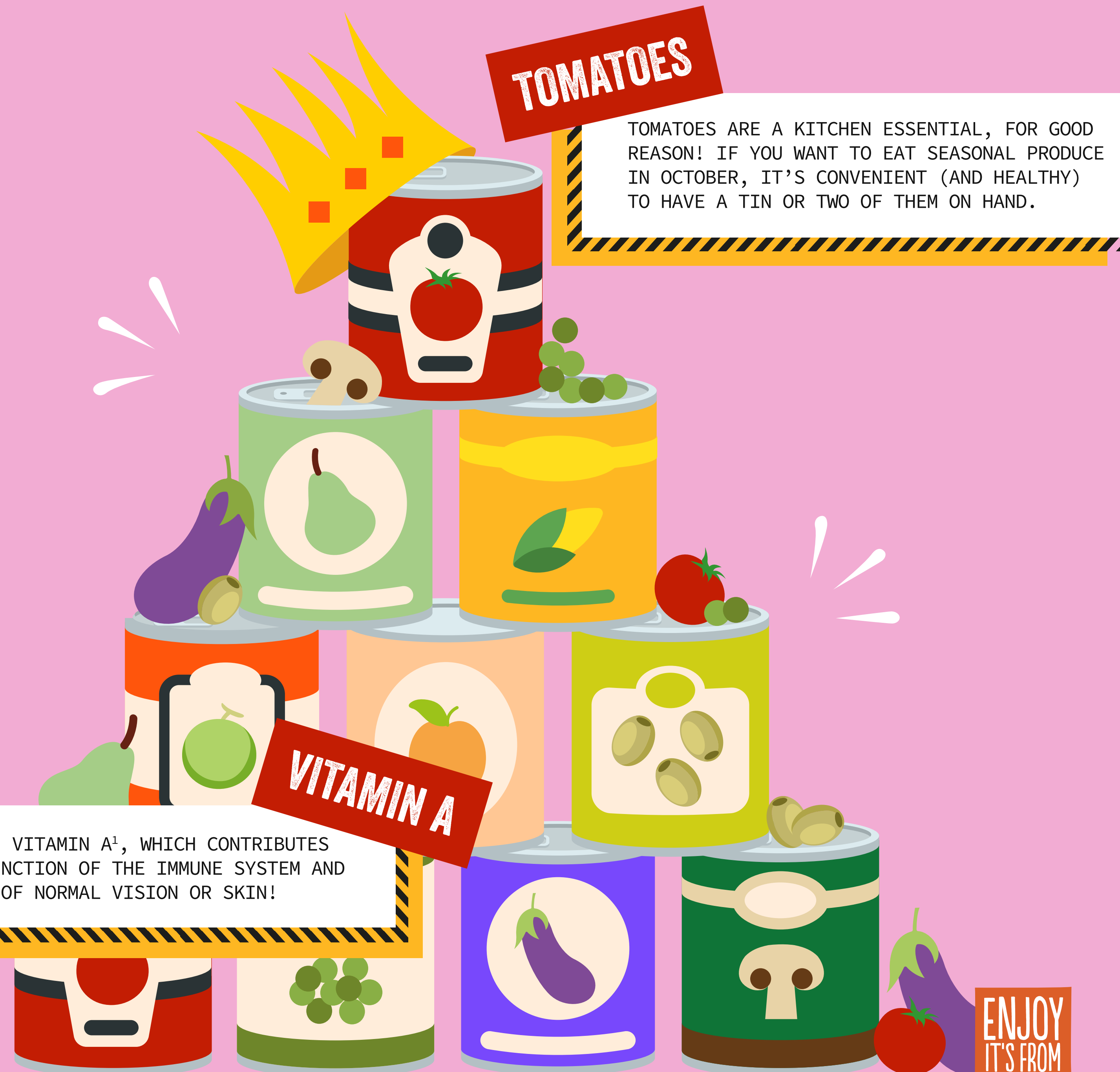
WITH EUROPE

## #400GCHALLENGE

### TIME FOR TINNED FRUIT AND VEG!

So far, we've shown you loads of different, imaginative ways to get more fruit and veg into your diet – helping you meet the #400gChallenge!

This month, we've got some advice for those busy bees who can never find the time for meal prep. Get some tinned tomatoes into your cupboards! They're super versatile, and there's so much you can do with them... Shakshuka, spaghetti alla puttanesca, a base for soups and curries... Let us know what you come up with!



TOMATOES

TOMATOES ARE A KITCHEN ESSENTIAL, FOR GOOD REASON! IF YOU WANT TO EAT SEASONAL PRODUCE IN OCTOBER, IT'S CONVENIENT (AND HEALTHY) TO HAVE A TIN OR TWO OF THEM ON HAND.

VITAMIN A

TOMATOES CONTAIN VITAMIN A<sup>1</sup>, WHICH CONTRIBUTES TO THE NORMAL FUNCTION OF THE IMMUNE SYSTEM AND THE MAINTENANCE OF NORMAL VISION OR SKIN!

ENJOY  
IT'S FROM  
EUROPE

THE EUROPEAN UNION SUPPORTS  
CAMPAIGNS THAT PROMOTE  
A HEALTHY LIFESTYLE.



CAMPAIGN FINANCED  
WITH AID FROM  
THE EUROPEAN UNION

<sup>1</sup> [https://www.aprifel.com/fr/fiche-nutritionnelle/tomate-ronde/?tab=allegations\\_nutritionnelles](https://www.aprifel.com/fr/fiche-nutritionnelle/tomate-ronde/?tab=allegations_nutritionnelles)

The content of this promotion campaign represents the views of the author only and is his/her sole responsibility. The European Commission and the European Research Executive Agency (REA) do not accept any responsibility for any use that may be made of the information it contains.