

## Reaching for more Oranges in Winter?

### Watch your sugar intake!

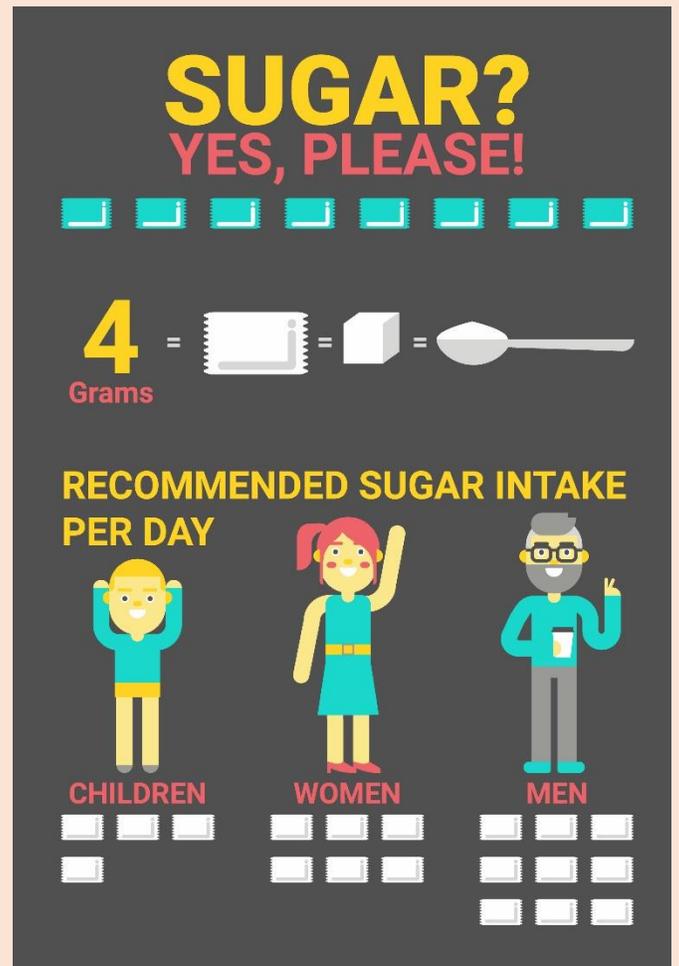
The Recommended daily consumption of Vitamin C (200mg) may reduce the severity and duration of a cold within the general population. Rich sources of this water-soluble vitamin include; guava, capsicum, kiwi, orange, cabbage and broccoli.

However, fruit contains sugar, and sugar is known to have a negative impact on health and well being.

The World Health Organisation recommends individuals to consume no more than 10% of their daily energy intake from sugars, and surveys indicate that the majority of Aussie kids are consuming more than this. Beverages including soft drinks, energy drinks and fruit juices are a major contributor to excessive sugar intake.

So since fruit juices are on this list, what's the deal with fruit... is it bad for you?

The sugar contained in fruit is called fructose. Most of the fructose found in our diets comes from sucrose (cane sugar or table sugar) and foods containing added sugar, such as lollies. A diet high in these products containing added sugar increases the risk of chronic diseases such as heart disease and type 2 diabetes mellitus.



However fruit contains more than just sugar.

It contains an array of vitamins, antioxidants, phytochemicals and dietary fibre. Dietary fibre is the indigestible part of plant foods, which means it plays a role in bulking up stools and assists with keeping bowel motions healthy and regular. Fibre also helps with satiety and helps with weight control, reduces cholesterol and lowers cardiovascular risk. Dietary fibre is essential for good health, and fruit is a great source of dietary fibre.

Fruit is one of the five core food groups that play a role in achieving a healthy, balanced diet.

Two serves of fruit are recommended for individuals over the age of 9 years.

One serve of fruit is recommended for kids aged 2-3 years.

1.5 serves of fruit are recommended for kids aged 4-8 years.

Fruit is healthy, so what about fruit juice? Whilst fruit juice is made from fruit, and may have no added sugar, it is a concentrated form of fruit. Juicing fruits removes the dietary fibre that is so important for good health, and results in a product with a higher glycaemic index than the raw product.



