

Preparation, Preparation, Preparation

Fruit and vegetables can be eaten, prepared and cooked in many different ways, such as roasted, grilled, steamed, boiled, or stir fried.

- Eat the fruit and veg fresh and as soon as possible rather than storing.
- Don't overcook – start with boiling water and cover tightly to keep in the steam for quicker cooking.
- Cook using a steamer or by stir fry. The veg has improved flavour over boiling.
- Avoid leaving the vegetables open to the air, light or heat if they have been cut. Always cover and chill them.
- And remember to be adventurous. Most vegetables can be cooked more than one way, mix it up; use different types of vegetables to keep meals interesting.

5 A Day?

- Fruit and vegetables are a good source of vitamins and minerals, including folate, vitamin C and potassium.
- They're an excellent source of dietary fibre, which can help to maintain a healthy gut and prevent constipation and other digestion problems. A diet high in fibre can also reduce your risk of bowel cancer.
- They can help to reduce your risk of heart disease, stroke and some cancers.
- Fruit and vegetables contribute to a healthy, balanced diet.
- Fruit and vegetables taste delicious and there's so much variety to choose from.

Get Physical

Exercise is vital for keeping fit and healthy. Working an allotment plot is an excellent and relaxed way of being more active.

Did you know that just 30 minutes of gardening in the fresh air can burn around 150 calories, the same as doing low impact aerobics?

Spending even a small amount of time in the summer sunshine can build up the body's levels of vitamin D. Working an allotment can help ward off some illnesses and raise serotonin levels, making you happier and healthier! But please be sensible and don't forget about the risks of skin cancer, especially on sunny days.

The Benefits

- Improved cardiovascular function
- Lowered blood pressure
- Reduced body fat and improved weight control
- Improved glucose tolerance and reduced insulin resistance
- Less stressed
- More relaxed
- Helps increase mobility and less likely to suffer from joint problems

For information about getting an allotment contact the Allotment Manager on
01254 356180 or
allotments@hyndburnbc.gov.uk
www.hyndburnbc.gov.uk/

FROM PLOT TO COOKING POT: THE HEALTH BENEFITS OF AN ALLOTMENT



RELAX

HEALTHY



EXERCISE

FRIENDS



GOOD FOOD



FRESH



FUN



ENJOY

