

Be the Brand



AUGUST UPDATE – FRUIT

HOW DID YOU GO WITH JULY'S CHALLENGE?

Last month, the aim was to reduce your intake of alcohol or caffeine. Were you able to reduce your intake? What challenges did you face and how did you overcome them?

AUGUST CHALLENGE: HOW MANY DAYS CAN YOU GET IN YOUR 2 SERVES OF FRUIT.?

Attached is your goal setting and tracking sheet for August. How many days will you aim to get in your 2 serves of fruit? What do you need to do to achieve this?

Use the calendar to record what you have achieved as you go. Make sure you keep it somewhere visible to keep you motivated for the month.

BENEFITS OF FRUITS

We are so lucky in Australia and New Zealand to have an abundance of beautiful fresh fruits available, almost all year round. These delicious food treats not only taste sweet but eating your 2 serves of fruit each day can reduce your risk of some cancers! They are also low in kilojoules but high in fibre and water so they fit easily into your diet and will help keep you full. Fruits are also full of vitamins and minerals and antioxidants that are needed for good health.

When it comes to fruit, variety is the key to getting the most out of this food group. So, if you're a regular fruit eater, why not try a mix of different fruits this month.

SHARE WITH US & WIN!

Post on the employee Facebook page or email us about the focus of the month and go into the draw to win our monthly wellness prize!

WHAT IS A FRUIT SERVE?

The Australian and New Zealand Dietary Guidelines recommend we all get 2 serves of fruit each day. You may recognise this recommendation from the Jenny Craig program as it's the same. So too are the serves of fruit.

One serve of fruit is about 150g (350kJ) or:

- 1 medium piece of fruit – apple, banana, orange, pear.
- 2 small pieces of fruit – apricots, kiwi fruit or mandarins.
- 1 cup of berries
- ½ cup fruit juice – maximum 1 serve per day
- 30g dried fruit – 1 tablespoon sultanas.

TIPS TO GET YOUR FRUIT IN

Despite the many benefits of fruit we don't eat anywhere near enough. In fact, only 50% of Australians and 57% of New Zealanders get their 2 serves of fruit a day. If you also struggle to eat enough fruit, here are our tips to hit your August Challenge:

- If you don't have time for fruit, combine it with your meals. Add berries to your cereal or fruit to your salad.
- Canned and frozen fruit are great alternatives to fresh. Always keep a supply on hand in case you run out of fresh fruit.
- Keep fruit visible in the fruit bowl so it's top of mind.
- Cut up fruit and keep in a container in the fridge so it's ready when you are.
- Buy fruits in season so they are at their peak nutritionally and cheaper to purchase.

WELLNESS ACTIVITY IDEAS FOR AUGUST

Here's some ideas for activities you could do as a team or with family and friends:

- Start a team fruit bowl and rotate who is responsible for buying the fruit.
- Have a morning where you can share a fruit platter.
- Have a competition to see who can find the strangest fruit.

Please ensure your wellness activities are carried out in a COVID-safe way.