



THE UNIVERSITY of EDINBURGH
Global Academy of
Agriculture and Food Systems

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Part of the Edinburgh & South East Scotland City Region Deal

Fruits and vegetables

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Myths about eating fruits and vegetables

- "Fresh" vegetables are better than all other forms.
- "Fresh" fruits are better than all other forms.
- Fruits and vegetables must be raw to count towards your intake.



Photo by [Iñigo De la Maza](#) from [Unsplash](#)



In addition to fresh/raw, there are many other ways to incorporate fruits and vegetables into your diet

- **Frozen**
 - Cleaned, chopped, peeled, trimmed
 - Preserved nutrients, frozen right after harvest
- **Canned**
 - Nutrients preserved right after harvest
 - Cooked: ready-to-eat, or use in a recipe
 - Can choose low sodium options, if this is a concern
- **Jarred**
 - Can choose low sodium options, if this is a concern
 - Can come pickled or spiced, nice for recipes or sides
- **Dried**
 - High in fibre, energy dense
 - Can choose options with no added sugar, if this is a concern
- **Juiced**
 - Can choose options with no added sugar, if this is a concern



Photo by [Tim Mossholder](#) on [Unsplash](#)

Frozen fruits and vegetables



Photo by [Tohid Hashemkhani](#) from Pexels



Photo by user [I saw_that](#), PDM-owner, via Wikimedia Commons



Canned fruits and vegetables



Photo by Alabama Extension, from Wikimedia Commons, CC0



"Tinned tomatoes" by [markhillary](#), CC BY



Jarred fruits and vegetables



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Eurico Zimbres, CC BY-SA 2.5 via [Wikimedia Commons](#)



Dried fruits and vegetables



Photo by [Elena Mozhvilo](#) on [Unsplash](#)



Photo by [Masha Koko](#) from [Unsplash](#)



Juiced fruits and vegetables



Photo by James from [Wikimedia Commons](#)



Photo by [Polina Tankilevitch](#) from [Pexels](#)



Cooking can affect nutrients in fruits and vegetables, depending on the nutrient and the cooking method

- Fat from oil or butter improves the absorption of vitamins A, E, D, and K
- Heat can reduce some of the B vitamins, and vitamin C
- Fibres become softer, easier to chew and digest
- Cooking can enhance mineral bioavailability
- Cooking can reduce some anti-nutrients
- Cooking can kill some pathogens



Photo by [Klaus Nielsen](#) from [Pexels](#)



Simple ways to incorporate more vegetables

- Eat more sauce
 - Salsa and tomato sauce are vegetables!
- Add some nice dressing or dip
 - Ranch, creamy dill, humus, guacamole, blue cheese, anything you like
- Incorporate into smoothies
 - Lower fibre greens are best, like spinach and kale (versus lettuce)
- Add to eggs
 - Onions, peppers, spinach
- Add to pizza
 - Cook veggies first to remove some of the moisture
- Add to pasta and casseroles
 - Anything!
- Add to sandwiches
 - Lettuce, tomato, onion, sprouts
- Make soup
 - Can puree vegetables, like tomato or carrot, or leave chunky depending on preferences



Data and resources

- [COFID: Composition of Foods Integrated Dataset](#) - UK
- [FoodData Central](#) - US
- The best fruits and vegetables are the ones that you like, in the form that you like them!



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Thank you

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