



Why do we love

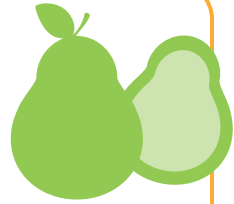
fruits and vegetables so much?



Whole vegetables and fruits are an essential part of a balanced diet. Find out what's in fruits and vegetables, and why we prefer them to sugary drinks such as fruit juice!

THEY CONTAIN FIBRE:

Among other things, fiber plays an important role in satiety – the feeling that our hunger has been satisfied and we're full! They also play an important role in digestive system health.



THEY ARE PACKED WITH VITAMINS AND MINERALS:

Whole vegetables and fruits are complex foods that are rich in vitamins and minerals from root to stalk. By eating all the edible parts, you'll be getting the most out of every nutrient.



THEY ARE VERY VERSATILE

Vegetables and fruits can be enjoyed in all their forms. Whole, in pieces, in compotes, frozen, all options are good to explore! Add them to muffins or freeze them to make colorful smoothies. In addition to their versatility, their wide palette of colors makes the first meal of the day as delicious for the eyes as it is for the belly!



Vegetables and fruits should have a place of choice at breakfast. Use them to introduce your students to a world of flavours and textures.

FOR RECIPE IDEAS,
consult our [recipe](#) book or visit the [Recipe section](#) of our blog.