



How to eat fruit

Fruits are such a delight to the senses. Of all the foods available to us, fruits are the most attractive, delicious and enjoyable. Of all natural foods, that is, the foods we can eat in their natural state, fruit is the food we are most attracted to and that first entices our senses. Humans are born with a natural instinct for sweet foods and in nature, that instinct naturally draws us to fruit.

The vitamins and minerals in fruit and vegetables can help reduce the risk of cancer, heart disease and high blood pressure, and type 2 diabetes. People whose diet is rich in fresh produce have more energy and are less likely to gain weight. And fruit and vegetables also help reduce the effects of ageing.

Just one apple or orange a day' could cut your risk of dying early from cancer or other diseases by 20%.

It is recommended that people eat a minimum of five servings or portions a day. It's important to give five portions a day to kids too.

People are sometimes confused about the size of a fruit and vegetable serving. It's not always that large, and often you can combine two or more portions in a salad, or sandwich filling. Whatever you choose, it's best to go for seasonal fruits and vegetables if you can.

Fruit should be a staple

Fruit has always been recognized as one of the healthiest foods there is. In the minds of most people, fruit is seen as a healthy food we should eat more of due to its vitamin content. But even when

realizing the exceptional nutritional qualities of fruit, very few people actually give it the place it deserves in the diet. Fruit is still eaten as a “snack” or a “dessert,” but is rarely seen as a staple food.

In the mind of the masses, fruit is a “healthy snack” but not something that can really sustain a hard-working man, like meat or bread.

They don't realize that fruit should be a staple in the diet, and has been for thousands upon thousands of years, long before bread and rice were cultivated, and long before cheese sandwiches were invented.

Fruit and other foods

Natural Hygienists have known for a long time that fruit doesn't combine well with other foods. The reason is that fruit contains simple sugars that require no digestion. Thus, they will not stay for a long time in the stomach.

Other foods, such as foods rich in fat, protein and starch, will stay in the stomach for a longer period of time because they require more digestion.

So if you eat fruit after a meal, the fruit sugar will stay for too long in the stomach and ferment. This is why people experience digestive trouble when eating fruit that way. They then blame that particular fruit for their trouble and claim that they are “allergic” to it.

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But because they have read somewhere that mixing melons with other fruits is not allowed, they'll try to wait until the next meal to eat something else and then will often in the meantime overeat on dried fruits and nuts to compensate. It is not necessary to eat melons alone if they are eaten before another foods. You can even have melon and then have an avocado after.

Food Combining rules

Since fruit digests so fast, it is possible to eat fruit before any other food. You can, when you are hungry, eat as much fruit as you care for. One type of fruit only would be ideal. Then wait a little bit, like 5-10 minutes, and have any other food you desire. This can be a salad, a little avocado with tomatoes, some nuts, or anything. It can be cooked food too. You can eat all the melon you want, and then, if you are still hungry, eat another type of fruit to satisfy your appetite

The only thing that is important to remember is to have the fruit first - not after, and ideally only have one variety at a time.

Natural yoghurt with fresh fruit is also a good. Fresh fruit is generally very good for you and so is yoghurt (though not too much of the latter).

Natural yoghurt is better than standard yoghurt, and 'live' yoghurt is better than natural (though you can get live and natural, which is even better).

You can also have fresh fruit accompanied with yoghurt.

Fresh Fruit with Yogurt Dressing

1 cup low-fat plain yogurt

1 tbsp liquid honey

1 tbsp freshly-squeeze orange juice

4 cups assorted fresh fruits

Garnish: grated coconut (Optional)

Combine yogurt, honey and orange juice; mix well.

Place fruit in large bowl. Pour yogurt mixture over fruit.

Refrigerate until serving time and sprinkle with coconut.

- **Breakfast ideas**

Slice banana on to cereal, or sprinkle over a handful of berries. Fruitify muesli with half a chopped apple, or some chopped dried apricots or prunes – yes, dried fruits count. Spread mashed banana on to whole wheat toast. Have a glass of fruit juice. Make it more interesting by mixing two types. Whiz up a fruit smoothie with fresh fruits and yoghurt, for a quick, breakfast.

- **Snack sense**

Carry fresh fruit and vegetables to cope with snack attacks. Firm varieties, like apples, travel well, or you can pack vegetable sticks – carrot, celery, pepper – or mini fruits like cherries into a little airtight box. Dried fruits work well, too. A handful of raisins, or a couple of dried apple rings can keep hunger at bay.

- **Lunch time suggestions**

If you're at home, whip up a quick healthy soup. It takes only a few minutes, and tastes fantastic. Never make a sandwich without adding some salad to it. Put together a nice big mixed salad. Give it substance with avocado, or some cold roasted vegetables. Make your dessert a whole piece of fruit – a succulent pear, a perfectly ripe banana. Try something exotic – a kiwi, a slice of fresh pineapple, a handful of kumquats. Or finish lunch with a crisp slice of watermelon, or a rich and sumptuous piece of mango.

- **Dinner time**

Add extra fruit and vegetables to meals you already serve. A few tablespoons of sweet corn on a pizza, steamed broccoli florets on pasta, fruit slices – oranges, peaches – added to salad. Liven up vegetables by combining two colorful types – baby carrots with peas, chopped cucumber and tomato mixed. Serve raw vegetable sticks as an appetizer, with a low fat dip or homemade hummus. Try some easy health apple recipes If you're in a hurry, buy read-prepared fruit and vegetable from supermarkets. Fresh fruit salad makes a great dessert, and kids love fruity kebabs

- **Eating out?**

You can get fresh fruit and vegetables at restaurants, but watch that they aren't drenched in high-fat dressings or creamy sauces. Look for vegetarian options, or seek out vegetable soups or wraps. Choose the salad or vegetable option, rather than the fries, and when you go to the salad bar, pile the vegetables high, but go easy on the rice and pasta salads, and don't overdo the dressing.

Why should we have five to nine fresh pieces a day, organically grown if possible?

For the largest part fruit consists of water just like the human body does

Like 80% of our body is water so does 80% of fruit consist of water!

It's logical for the human body to consume food that contains as much water as the body itself. The nutrition that meets that requirement is fruit. There is no other food than fruit on this planet that contains on average 80% water.

Vegetables also contain a lot of water and are therefore second best.

Fruit is 100% bad-cholesterol free

Too much bad-cholesterol is not good for our bodies and fruit doesn't contain bad-cholesterol.

Animal products like meat and dairy contain a lot of bad-cholesterol.

Fruit stimulates the memory

If you didn't know yet, fruit is the ultimate brain fuel. Fruit has a positive effect on our brains. Research is still ongoing as we speak. What we do know is that if you consume fruit effectively, your brains can recall information faster and more easily. This is very useful information for people who are preparing for an exam.

The idea that fruit is an expensive nutrition

Did you always think that fruit was an expensive product? Take a good look at how much money you spend on other food. It could be worth something to replace some of those expenses with fruit. We think that fruit is the healthiest food on earth and therefore it is well worth spending our money on. Also buying fruit when it is in season tend to be cheaper.

The miraculous healing effects of fruit

Spectacular stories about people that cured from incurable diseases by a strict diet of raw fruits and/or vegetables are well known but do we want to believe them? We still don't know that much about fruit and its contents.

Fibers

We do know now that a diet with plenty of fibers helps against corpulence, high blood pressure, and other factors that increase the chance for a heart disease. The consumed amount of fibers maybe even a more important factor than the amount of fat that is consumed by people!

The food that contains these healthy (natural) fibers is.... right: fruit! (vegetables as well). The

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American Heart Association advises to consume 25 to 30 grams of fibers out of fresh fruits and/or vegetables. In practice this means: have five to nine portions of fresh fruits or vegetables a day. Check out the dietary Recommendations of the American Heart Association

Fruit makes you feel better

Several stories have told us about people that were frequently depressed and how they got out of their depression slowly but surely after consuming substantial amounts of fresh fruit on a regular basis. Eating much fruit can have a mysterious healing effect on human beings. Even better is to drink a lot of freshly squeezed fruit drinks on a regular basis. It will take approximately 30 days until you start to notice the effects. Don't forget to drink these smoothies 20 minutes before the consumption of other meals. This way the fruit will not ferment in the stomach and the nutritious elements can be absorbed by the blood effectively.

Ethical reasons to eat fruit

Fruit doesn't have to be killed and slaughtered before you can eat it. The fruits are just hanging there waiting to be picked by you!

This ethical argument (often used by vegetarians and vegans to not eat meat) claims that fruit is a non-animal food. Many people see animals, especially mammals, as living creatures just like humans. There are religions that say that animals have souls like us. The native Americans first asked the animal's spirit if they could kill it before they did so. Fruit has never been said to have a soul and thus can be eaten without causing any harm. Ethical or religious arguments aside, we think it's a shame that we as human beings don't eat much fruit when there is such an abundant assortment of fruits and vegetables available.

Fruit is the most natural food

When you see a piece of fruit hanging from a tree that tree is telling you something: "*Eat my fruits and help me spread my seeds.*" That's how nature works. Humans eat vegetables and fruits and consequently help the plants to spread. Humans use animals to work the land to grow the plants and trees that produce these fruits and vegetables. In more and more people's opinion this is the way it was all meant to be.

A human diet

A healthy diet should consist for a great deal of freshly squeezed fruit juices, raw fruits and vegetables. Some tips:

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- A good start is to eat and drink more fresh fruits;
- it's as simple as that. Before you know it you will feel much better;
- Don't forget to eat fruit on an empty stomach, not after other meals and;
- inform yourself about the substances that our 'modern' food contains.