



Fruit & vegetables

To your health!

You are the boss of your own body. And that's a good thing, but of course it also brings a certain responsibility with it. Everything that you eat and drink has an influence on the mechanism. The saying 'you are what you eat' is as true as ever today.

To be effective, a boss needs to be a good listener – in this case, to your body – and needs to have access to the right information to take decisions. But the media often sends mixed messages when it comes to food and its influence on the body. Our health charter 'tastes good, good for you' not only guides us in offering a healthy and balanced diet, but also serves to inform our consumers on this subject.

Sodexo informs you through posters about the composition of the meals, and about nutrition, Body Mass Index (BMI) and exercise tips. We also provide a Vitality corner on-site at your company cafeteria: an info stand manned by a dietician who can answer any food related questions. The brochure 'Fruit and vegetables' is part of a series of handy booklets, each covering a nutrition-related topic. Written in plain language, with figures that speak for themselves, and packed with handy tips and advice that you can put into practice immediately.

In this brochure we will take a closer look at the benefits and essential nutrients provided by vegetables and fruit. We all know that they're good for us, but we don't always know exactly what they do. Read and learn!



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## **A. INTRODUCTION**

Fruits and vegetables make up an important part of the food pyramid, positioned at the level just above the starches.

They should therefore form the foundation of our nutrition. Unfortunately, this is not always the case, and we do not always eat enough of them. The correlation between increased consumption of fruits and vegetables and the prevention of certain diseases has been clearly demonstrated, so it is important to give them the place they deserve.

## **B. CLASSIFICATION**

### **1. Vegetables**

- Root vegetables: carrots, salsify, radishes, beets, turnips, ...
- Stem vegetables: asparagus, fennel, celery, ...
- Tuber vegetables: potatoes (classified in the starches category in the food pyramid on account of their high carbohydrate content), sweet potatoes, Jerusalem artichoke, ...
- Bulb vegetables: leeks, garlic, onions, shallots, ...
- Squash and melons: pumpkin, marrows, courgette, Hokkaido pumpkin, ...
- Leafy greens: spinach, green cabbage, red cabbage, Brussels sprouts, lettuce, watercress, ...
- Flower vegetables: cauliflower, broccoli, artichoke, ...
- Fruit vegetables (in botanical terms, these are technically fruits but they are eaten like vegetables: tomatoes, aubergine, peppers, avocado, olives (these last two are in fact oil producing fruits classified in the fats category of the food pyramid))
- Peas and beans: string beans, peas, ...
- Dried vegetables (classified in the starches group in the food pyramid): kidney beans, broad beans, lentils, split peas, ...
- Sprouts: soya sprouts
- Mushrooms, which are classified separately as they are non-chlorophyllous vegetables
- Seaweed: not technically vegetables even though they are referred to as "sea vegetables".

Another, simpler form of classification is to simply distinguish between the 'raw' (fruits and vegetables eaten raw) and the 'cooked' (those eaten cooked).

Condiments or aromatic herbs also belong to the family of vegetables in the food pyramid. These include parsley, basil, laurel, thyme, chervil, chives, cilantro, sage, tarragon, garlic, shallots, spices and pickles,...

## 2. Fruits

- Aqueous Fruits (juicy fruits):
  - Sweet fruits:
    - Stone fruits: peaches, apricots, cherries, ...
    - Seeded fruits: apples, pears, melons, ...
  - Highly sweet fruits (16 to 20% sugars): grapes, bananas, dates,...
  - Acidic fruits:
    - Citrus fruits: oranges, lemons, grapefruit, mandarins, clementines
    - Acidic berries: currants, strawberries, raspberries, blackberries, black currants, ...
  - Exotic fruits: pineapple, plantains, guava, mango, kiwi, persimmon, passion fruit, litchi, ...
- Starchy fruits: chestnuts
- Oil-producing fruits (these are classified in the fats category of the food pyramid and are not further included in this brochure): avocados, coconuts, olives, almonds, hazelnuts, peanuts, pine nuts, sunflower seeds and sesame seeds, ...
- Dried fruits (not to be confused with oil-producing fruits): dates, raisins, figs, apricots, mango, apple, banana, ...in dried form.

## **C. COMPOSITION**

### **1. Vegetables**

#### **Energy value:**

They contain an average of 30 kcal per 100 g. This makes them relatively low in calories. Tubers have the highest caloric content as they contain more carbohydrates, and for this reason are categorised in the starch family.

#### **Water:**

Fresh vegetables have a high water content, with an average level of around 90%.

#### **Carbohydrates:**

The average content is 5% but in reality, this varies from 1% (celery, spinach, lettuce, mushrooms,...) to more than 20% (garlic, maize, sweet potato, ...).

#### **Lipids:**

Vegetables have extremely low levels of lipids (less than 1%).

#### **Proteins:**

The average protein content is 1%, with the exception of peas and legumes which contain 6 to 8%.

#### **Dietary fibre:**

Vegetables form a highly valuable source of fibre, with an average content of 3g per 100g.

#### **Minerals:**

- Sodium (Na): in their natural state, vegetables are generally low in sodium
- Potassium (K): an important source (300 mg per 100g on average)
- Calcium: an average of 50mg per100g (the richest sources = spinach, green cabbage, broccoli and green beans)
- Magnesium: an average of 20 mg per 100g
- Iron: a good source, however, absorption is limited to from 1 to 5%. Should ideally be eaten together with a source of vitamin C in order to enhance absorption.

**Vitamins:**

- Vitamin C: from less than 5 mg/100g (salsify, shallots) to over 100mg/100g (parsley, pepper, broccoli)
- Vitamin B9: this is the most prevalent of the B vitamins found in vegetables. The richest sources are leafy greens.
- Provitamin A (carotenoids): the richest sources are leafy greens, pumpkin and carrots.
- Vitamin E: leafy vegetables are a valuable source.

With regard to vitamins and minerals, it is advisable to vary the type and colour of vegetables. This way one can be sure of sufficient intake of all the different vitamins and minerals.

The amounts shown in the table below are per 100g of the edible product, without additional preparation.

<b><u>vegetable</u></b>	<b>Kcal</b>	<b>Protein (g)</b>	<b>Lipids (g)</b>	<b>Carbohydrates (g)</b>	<b>Fibre (g)</b>	<b>Vit C (mg)</b>	<b>K (mg)</b>	<b>Ca (mg)</b>	<b>Fe (mg)</b>
Artichoke	46	2	0	9.5	1.5	8	353	53	1.5
Asparagus	16	1	0	3	1.5	30	200	20	1
Aubergine	16	1	0	3	2.5	10	200	10	0.5
Avocado	133	1.1	13.8	1.2	8.5	3	451	14	0.4
Beets	41	1.5	0.1	8.6	2.5	10	336	29	0.9
Broccoli	20	3	0	2	3.6	110	340	100	1.5
Carrot	28	0.4	0	6.7	3.2	4	233	30	0.3
Mushroom	14	3	0	0.4	2.5	5	400	25	1
Endive	16	1.7	0	2.2	2.2	2	232	15	0.2
Brus sprouts	29	3.3	0	4.1	8.2	97	511	41	0.8
Cabbage	23	1.3	0	4.4	1.6	43	189	55	0.2
Cabbage (red)	11	0.8	0	2	2.6	61	231	41	0.4
Cabbage (green)	37	3	1	4	2.2	80	300	75	1
Cauliflower	17	2	0	2.2	2.9	58	349	30	0.5
Cucumber	8	0.8	0	1.2	0.7	10	124	14	0.2
Courgette	28	2	0	5	1.1	16	200	30	2.4
Spinach	12	2	0	1	3.3	25	400	125	1.2
Snow peas	12	1	0	2	4.1	5	250	40	0.5
String beans	29	2.8	0	4.5	2.9	6	278	58	0.4
Lettuce	7	1.3	0	0.4	1.3	10	293	39	0.6
Maize	69	2.5	1.4	11.6	2.5	0	250	11	0.5
Turnip	24	1	0.2	4.7	2.5	20	238	49	0.4
Onion	12	1.5	0	1.5	3	8	151	28	0.2
Peas	56	4	0	10	5.2	25	300	20	2
Leeks	39	1	0	8.8	3.1	10	392	31	0.5
Red pepper	28	1	0	6	2.2	150	250	15	0.5
Green pepper	16	1	0	3	2.2	143	200	15	0.5
Radish	20	1	0	4	1.2	20	250	30	2
Salsify	16	1.4	0.4	1.6	17	3	320	53	3.3
Tomato	11	0.9	0	1.9	1.4	14	256	10	0.3

## 2. Fruits

### **Energy value:**

They have an average of 50 kcal per 100g. This makes them low in calories yet still more calorie-rich than vegetables because of the higher carbohydrate content, specifically sugars. (fructose: the sugar naturally present in fruits).

### **Water:**

Fresh fruit also has a high water content, with an average level of around 85%.

### **Carbohydrates:**

The average content is 12%, which is higher relative to vegetables. This varies between 2% for lemons and 20% for bananas and fresh dates.

### **Lipids:**

As in the case of vegetables, the lipid content is extremely low (less than 1%).

### **Proteins:**

The average protein content is 0.5%, which is therefore lower than in vegetables.

### **Dietary fibre:**

Fruits are also a good source of dietary fibre, they too contain an average of 3g per 100g .

### **Minerals:**

- Sodium (Na): fruit is extremely low in sodium.
- Potassium (K): an important source: ranging from 130 mg for 100g (apples, pears, ...) to 400 mg per 100g for bananas and black currants.
- Calcium: the average content is 30 mg per 100g (the richest sources = black currants, oranges, pears, blackberries, chestnuts, kiwi)
- Magnesium: 10 to 15 mg on average per 100g
- Iron: lower levels than found in vegetables, 0,6 mg per 100g, with the exception of acidic berries (currants, raspberries, strawberries, blackberries, black currants) which have a higher content.



### **Vitamins:**

- Vitamin C: fruits are the best source of vitamin C, although levels do vary widely: ranging from less than 10 mg/100g (apricots, pears, plums, grapes, peaches, apples) to over 200 mg in the case of guavas and black currants.
- Provitamin A (carotenoids): less present than in brightly coloured vegetables but the content is nevertheless significant in mangoes, apricots, melons, passion fruit, peaches and cherries,.
- B Vitamins: fruits contain virtually no B. vitamins. Melon and raspberries are valuable sources of vitamin B9; starchy fruits have small amounts of vitamin B6
- Vitamin E: generally low levels, except in the case of kiwis where it is significant (3mg/100g).

With regard to vitamins and minerals, it is advisable to vary the type and colours of fruits. This way one can be sure of sufficient intake of all the different vitamins and minerals.

The amounts shown in the table below are per 100g of the edible product, without additional preparation.

<b>Fruit</b>	<b>Kcal</b>	<b>Protein (g)</b>	<b>Lipids (g)</b>	<b>Carbohydrates (g)</b>	<b>Fibre (g)</b>	<b>Vit C (mg)</b>	<b>K (mg)</b>	<b>Ca (mg)</b>	<b>Fe (mg)</b>
Apricot (dried)	40 (256)	1(5)	0(0)	9(59)	1.8(8)	3(0)	349 (150 0)	13 (90)	0.3 (4)
Pineapple	49	0.6	0	11.6	1.3	8	121	35	0.2
Banana	83	1.1	0	19.6	1.7	7	326	5	0.3
Black currant	34	2	0	6.5	8.7	150	175	30	1
Cherry	52	0	0	13	1.5	5	243	9	0.3
Lemon	7	0.5	0	1.2	1.8	39	143	28	0.1
Clementine	32	0.8	0	7.1	1.5	15	159	30	0.1
Dried dates	300	2	0	73	7.5	0	600	70	1.5
Figs (dried)	57 (235)	1.3(3.5)	0(0)	12.9(55.1)	2(12.9)	3(3)	240 (850)	54 (193)	0.6 (3.3)
Strawberries	24	0.7	0	5.2	1.3	49	265	8	0.2
Raspberries	32	1	0	7	7.4	25	170	40	1
Passion fruit	40	1.7	0	8.3	10	30	302	7	0.7
Guava	28	0.8	0.5	5	3.7	273	230	13	0.4
Red currants	24	1	0	5	8.2	10	295	20	1
Kiwi	56	1	0.2	12.4	3	85	291	32	0.3
Litchi	62	0.9	0	14.5	1.4	5	224	3	0.4
Mandarin	42	0.9	0	9.5	1.9	30	134	24	0.1
Mango	63	1.6	0	14.1	1.4	26	170	8	0.2
Melon Cavaillon	49	1.2	0	11.1	0.8	13	400	5	0.1
Blackberries	37	1	1	6	7.3	12	185	60	1
Blueberries	28	1	0	6	7.3	12	80	15	1
Nectarine	35	0.6	0	8.1	2.1	6	218	5	0.2
Orange	38	1.1	0	8.5	1.6	49	202	48	0.1
Grapefruit	34	0.9	0	7.5	1.7	38	136	28	0.1
Watermelon	29	2	0	5.2	0.6	5	128	7	0.2
Apple	43	0.3	0	10.4	2.3	4	114	5	0.2
Pear	40	0.6	0	9.4	2.4	3	121	10	0.2
Plum	42	0.6	0	9.9	1.7	2	196	3	0.1
Green grapes	57	0.5	0	13.8	1.4	2	179	10	0.7
Raisins	268	2	0	65	6.4	0	800	50	2
Rhubarb	12	1	0	2	1.8	6	300	40	0.5

## **D. NUTRITIONAL VALUE**

Vegetables are generally low in calories relative to their volume. This means that eating them quickly generates a long-lasting sense of satiation which is reinforced by the presence of dietary fibre. This is why they make up an important part of a reduced calorie diet.

This it's also the case for fruit, but they are nevertheless higher in carbohydrates (sugars). This is why, all things considered, they should be eaten in moderation as opposed to vegetables which can be eaten in unlimited amounts.

Even if you do not need to lose weight, fruits and vegetables form an essential part of a nutritious diet thanks to their excellent nutritional density. Nutritional density means the amount of essential nutrients a food contains in proportion to its calories. Vegetables, like fruits, have a very high nutritional density because they are rich in essential vitamins and minerals at the same time as being low in calories. By contrast, biscuits, pastry and other sweets contain little or no essential nutrients but far more calories. This gives them a low nutritional density (but a high caloric density).

The nutritional value of fruits and vegetables therefore derives from their low calorie content and their high content of water, fibre, vitamins and minerals. Their high water content allows them to help maintain healthy hydration throughout the day.

Fibre plays an essential role in regulating intestinal transit. It also plays other important roles such as combating cardiovascular disease, and preventing diabetes and colon cancer. Finally, they are responsible for a sense of satiation that helps resist between-meal snacking,.

Vitamins and minerals are present in highly varying degrees depending on the type and colour of the fruit or vegetable. Vitamins and minerals are known as micronutrients and all have different, complementary roles to play.

In fruit and vegetables, the most significant in both quantitative and qualitative terms are:

- Potassium: indispensable as it is involved in the constitution of our cells and regulates the hydro-electrolytic balance of our bodies (the balance between water and electrolytes). It also plays a very important role in muscular contraction and proper cardiac functioning.
- Calcium: the intake of calcium from fruits and vegetables complements the recommended intake from other sources (they do not form the primary source) and thus helps combat osteoporosis.
- Vitamin C: plays an essential role especially because:
  - It is a powerful antioxidant, specifically for its capacity to fight the free radicals that can cause cells to age prematurely and lead to cancer.
  - It stimulates the absorption of the iron that is present in vegetables
  - It stimulates the immune system
- Carotenoids: these are also antioxidants that fight free radicals.
- Vitamin B9: indispensable for the proper functioning of the nervous system

## **E. STORAGE AND PREPARATION**

The vitamin content is strongly influenced by the method of storage, cooking and preparation.

Essentially, the loss of nutrients through food preparation can be explained by 3 elements:

- the dissolving of soluble elements in water (use as little water as possible)
- oxidation through contact with air (food should be covered)
- destruction through heat during cooking (do not cook for longer than necessary)

Furthermore, washing, peeling, grating and chopping lead to a loss of nutrients as well as a significant volume of waste. Peeling and grating should thus be avoided or done in moderation. Naturally, thorough washing is essential, but should be carried out quickly, without excessive soaking.

Never chop vegetables before or during washing as this will lead to loss of nutrients through both dissolution and oxidation. Essentially, they should be cut as short a time before eating as possible.

Other elements that influence the nutritional value of fruits and vegetables are: the variety (the different varieties of apples, for example, vary in vitamin C content), the use of fertiliser, the season, climatic conditions, the degree of maturity, regions, the timing of harvesting, the portion regarded as a fruit or vegetable (for example, there is 3 times more vitamin C in the green part of leeks than in the white part),...

Fruits and vegetables can be stored in different ways that can have an effect on their nutritional composition:

- Fresh: they should be consumed as soon as possible to avoid the loss of vitamins associated with exposure to light and primarily, oxidation. They should be kept cool, in a vegetable crisper located in a part of the refrigerator that is less cold and less moist, in order to increase the length of time that they can be stored. Certain vegetables, such as garlic, onions or potatoes (which are, it should be noted, classified in the starches category in the food pyramid) can be stored at room temperature. The duration of potential storage will vary depending on the type of vegetable or fruit. Certain fruits can be better preserved if refrigerated, while others cannot. This is the case for bananas, which blacken if refrigerated.

- Frozen: the nutritional value of frozen fruits and vegetables is very good in comparison with fresh. The quality of the foods depends of course on the freshness at the time they were frozen, just as the quality of a fresh food depends on how soon after harvesting it is eaten.
- As preserves: this method of storage is completely airtight so that it offers good protection against microorganisms for a long period. However, this type of preservation does alter the texture and taste of foods, as well as their nutritional value:
  - The carbohydrate content of fruit increases by approximately 30%.
  - 50% of vitamin C is lost in the case of vegetables and up to 90% for fruits.
  - Other vitamins are lost by about 20%.
  - The minerals often remain in the liquid, which is not generally eaten.
  - The sodium content is often (too) high.
  - The caloric value varies depending on whether they have been preserved in water or syrup.
  - Check whether compotes contain only fruit sugars, and choose those with no added sugar, otherwise they will be high in calories.
- Dehydrated: the aim is to remove a large part of the water from the fruits and vegetables in order to preserve them for longer periods of time (as microorganisms require water to develop). Vegetables are not eaten in dried form. This means they need to be rehydrated, and by consequence, their nutritional value is virtually identical to that of fresh vegetables. However, all of the oxidising vitamins, such as vitamin C, will be lost completely. As for fruits, they can be enjoyed dried, and this significantly alters their nutritional composition (per 100g of product). Nutrients such as proteins, carbohydrates, fibre and minerals (potassium, magnesium, ...) are multiplied an average of fourfold. The caloric content is also far higher, so they should not be eaten in excess.

Shown below are a range of examples of the impact of the method of storage or cooking of 100g of cauliflower or 100g of apricots.

	<b>Kcal</b>	<b>Water</b>	<b>Prot.</b>	<b>Lip</b>	<b>Carb.</b>	<b>Fibre</b>	<b>Sodium</b>	<b>Calcium</b>	<b>Iron</b>	<b>Vit C</b>
<b>Cauliflower raw</b>	17	90	2,0	0	2,2	2,9	10	30	0,5	58
<b>Cauliflower frozen</b>	18	92	1,9	0	2,1	2,2	19	26	0,9	47
<b>Cauliflower boiled</b>	16	93	1,8	0	2,3	2,2	6	22	0,3	33
<b>Cauliflower micro-waved</b>	21	90	2,3	0	3	3	12	30	0,5	65
<b>Cauliflower cheese sauce</b>	77	83	4,4	4,3	5,2	4,7	356	75	0,3	25

	<b>Kcal</b>	<b>Water</b>	<b>Prot.</b>	<b>Lip</b>	<b>Carb.</b>	<b>Fibre</b>	<b>Sodium</b>	<b>Calcium</b>	<b>Iron</b>	<b>Vit C</b>
<b>Apricot</b>	40	86	1	0	9	1,8	1	13	0,3	3
<b>Apricot in juice</b>	37	88	0,5	0,1	8,4	0,9	5	21	0,4	1
<b>Apricot in syrup</b>	67	80	0,4	0,1	16,1	0,8	13	31	0,5	5
<b>Apricot dried</b>	256	25	5	0	56	8	25	90	4	0
<b>Apricot compote</b>	119	68	0,7	0,1	28,9	1	3	14	0,3	8

## **F. TYPES OF COOKING**

### **Boiling**

Boiling vegetables in water, covered, shortens cooking time as well as reducing the evaporation of volatile substances. In this way they retain flavour and colour. Only green vegetables should be cooked uncovered in order to allow the acids to escape and thus avoid discoloration. One should always add the vegetables to fully boiling water in order to limit as much as possible the loss of vitamins and minerals. The loss of vitamins and minerals will increase the more water used and the smaller the pieces into which they are chopped, the cooler the water in which cooking begins, length of cooking time, and chopping.

### **Pan-steaming**

Naturally, this type of cooking prevents the losses into cooking water. However, the losses through oxidation and heat are greater than in boiling. This type of cooking allows vegetables to retain better flavour. It is a method recommended for fragile vegetables, but not for vegetables that are too watery (tomatoes) or too dry such as dried beans.

### **Pressure cooking**

This limits the loss of vitamins and minerals as long as cooking is brief and there is no diffusion into cooking liquid.

### **Steamer**

Vegetables (and fruits) cook thanks to their own water content. This type of cooking is not suited for all vegetables, however. The briefer the cooking time, the better the vitamin retention.

### **Sautéing**

This type of cooking preserves vitamins and minerals if the cooking time is brief and the vegetables remain crunchy. As no cooking liquid is used, there is no loss due to diffusion.

### **Microwave cooking**

Contrary to received wisdom, vegetables cooked in the microwave retain their colour, flavour and nutritional qualities. This method prevents loss through diffusion and the cooking time is very short, which reduces the loss of vitamins and minerals.



## G. RECOMMENDATIONS AND ADVICE

- It is recommended that you eat **a minimum** of:
  - 300 grams of vegetables and 2 fruits per day, in either raw or cooked form, during the midday and evening meal
- Try to eat at least one serving of vegetables or fruit per day that is rich in vitamin C (such as cabbage, a kiwi, strawberries or a citrus fruit)
- It is important to vary and diversify your intake of fruits and vegetables in order to cover all of your needs for diverse nutrients and micronutrients.
- Do not store them for too long in the refrigerator drawers because they will lose much of their nutritional value.
- The more that vegetables are pureed, cooked or crushed, the less valuable they become from a nutritional point of view (this reduces their content in minerals, vitamins and fibre). Don't overuse purées, even if they can sometimes be a good solution for getting children to enjoy certain vegetables.
- Certain forms of preparation reduce the nutritional value of vegetables. For example, when they are fried, creamed or served with white sauce or cheese sauce, they become far more calorie rich. This should also not be eaten excessively.  
For example, 100 g of potatoes can have widely varying calories depending on the method of preparation:
  - Steamed potatoes: 85 kcal
  - Mashed potatoes: 120 kcal
  - Scalloped potatoes with cheese: 250 kcal
  - Baked scalloped potatoes: 265 kcal
  - Chips: 280 kcal
  - Crisps: 550 kcal

## H. CALENDAR OF FRUITS AND VEGETABLES PER SEASON

### 1. Spring

VEGETABLES	Mar	April	May
Asparagus			
Chard			
Beets			
Carrots			
Celeriac			
Mushrooms			
Endive			
Cabbage			
Brussels sprouts			
Cauliflower			
Kohlrabi			
Purple cabbage			
Cucumber			
Watercress			
Endive leaves			
Spinach			
Lettuce (Bibb)			
Lettuce (Iceberg)			
Lettuce (Butter)			
Lettuce (Romaine)			
Lambs' lettuce			
Turnips			
Onion			
Leeks			
Radish			
Rutabaga			
Salsify			

FRUITS	Mar	Apr	May
Pineapple			
Cherries			
Lemon			
Strawberry			
Kiwi			
Melon			
Orange			
Grapefruit			
Pear			
Apple			
Rhubarb			

	Production season
	Storage

## 2. Summer

VEGETABLES	June	July	Aug
Artichoke			
Asparagus			
Aubergine			
Basil			
Batavia lettuce			
Chard			
Beets			
Broccoli			
Carrots			
Celery			
Celeriac			
Chervil			
Mushrooms			
Savoy cabbage			
Cauliflower			
Purple cabbage			
Cucumber			
Cilantro			
Courgette			
Watercress			
Shallots			
Endive			
Spinach			
Fennel			
Green beans			
Lettuce (Bibb)			
Lettuce (iceberg)			
Lettuce (Butter)			
Lettuce (Romaine)			
Maize			
Snow peas			
Turnips			
Onions			

VEGETABLES	June	July	Aug
Peas			
Leeks			
Peppers			
Pumpkin			
Purslane			
Radish			
Tomato			

FRUITS	June	July	Aug
Apricots			
Cherries			
Lemons			
Strawberries			
Raspberries			
Currants			
Melon			
Blackberries			
Blueberries			
Nectarine			
Hazelnuts			
Walnuts			
Grapefruit			
Peaches			
Pears			
Apples			
Plums			
Rhubarb			

	Production season
	Storage

### 3. Autumn

VEGETABLES	Sept.	Oct.	Nov.
Artichoke			
Chard			
Beets			
Broccoli			
Carrots			
Celery			
Celeriac			
Chervil			
Mushrooms			
Endive (chicory)			
Cabbage (white)			
Brussels sprouts			
Cabbage (Savoy)			
Cauliflower			
Cabbage (green)			
Kohlrabi			
Cabbage (red)			
Cucumber			
Courgette			
Watercress			
Shallots			
Endive (greens)			
Spinach			
Fennel			
Green beans			
Lettuce (Bibb)			
Lettuce (Iceberg)			
Lettuce (Butter)			
Lettuce (Romaine)			
Lambs' lettuce			
Maize			
Turnips			

VEGETABLES	Sept.	Oct.	Nov.
Onion			
Parsnip			
Leeks			
Pepper			
Pumpkin			
Purslane			
Radish			
Rutabaga			
Salsify			
Tomato			
Jerusalem artichoke			

FRUITS	Sept.	Oct.	Nov.
Banana			
Lemon			
Raspberry			
Currants			
Kiwi			
Mandarin			
Melon			
Blackberries			
Blueberries			
Hazelnut			
Walnut			
Orange			
Grapefruit			
Peaches			
Pears			
Apples			
Plums			
Grapes			

	Production season
	Storage

#### 4. Winter

VEGETABLES	Dec.	Jan.	Feb.
Beets			
Carrots			
Celeriac			
Mushrooms			
Endive			
Cabbage (white)			
Brussels sprouts			
Cabbage (Savoy)			
Cabbage (green)			
Kohlrabi			
Cabbage (red)			
Watercress			
Lambs' lettuce			
Turnips			
Onions			
Parsnips			
Leeks			
Rutabaga			
Salsify			

FRUITS	Dec.	Jan.	Feb.
Pineapple			
Banana			
Kiwi			
Mandarin			
Orange			
Grapefruit			
Peaches			
Pears			
Apples			

	Production season
	Storage







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