

"5 a Day" *on the go*



Betty Bossi

Dear Reader

Once doesn't count, or so one says. Once is actually a good start, but still way too little! A serving of vegetables or fruit five times a day would be ideal for anyone who wants to eat a balanced diet and stay healthy and fit for years to come. To make it easier for you, even when you're out and about or at the office, here are some brilliant ideas for healthy food on the go. Each meal or snack contains 120 g of fruit or vegetables per person, so you've got one of the five perfectly covered. Plus there's a great deal of variety! Whether cold or hot, a full meal or a snack: with these recipes, eating fruits and vegetables is a pure delight.

Why don't you get started today and see for yourself how easy it is to enjoy a serving of fruit or vegetables five times a day.



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All the recipes in this brochure are calculated for 2 people.



Orange Buttermilk Smoothie

Preparation time: approx. 10 min

Makes approx. 900 ml

For 2 jars with lid, around 500 ml each

2 oranges, peeled and chopped

2 carrots, thinly sliced

2 tbsp golden sultanas

2 tbsp desiccated coconut, toasted

250 ml buttermilk

¼ tsp turmeric

4 ice cubes

Puree all ingredients in a blender.

Per serving: 228 kcal, F 8 g, C 30 g, P 7 g



Berry Chia Pudding

Preparation time: approx. 10 min
Soaking time: approx. 30 min
Refrigeration time: approx. 2 hrs
For 2 jars with lid, around 300 ml each

150 ml almond milk

100 ml water

3 tbsp chia seeds

1 tbsp pear juice concentrate (e. g. Birnel)

125 g raspberries

125 g blueberries

20 g sliced almonds, roasted

a few peppermint leaves

1. Mix almond milk, water and chia seeds together, cover and leave to soak for approx. 30 min.

2. Add pear juice concentrate and half of the berries and mix thoroughly, divide into jars, cover and refrigerate for at least 2 hrs or overnight.

3. Sprinkle remaining berries and sliced almonds on top, decorate with peppermint leaves.

Tip: Instead of fresh berries, use thawed frozen berries or 1 banana, mashed, and 1 pear, diced.

Per serving: 212 kcal, F 10 g, C 18 g, P 6 g



Overnight Oats

Preparation time: approx. 15 min
Soaking time: approx. 8 hrs
For 2 jars with lid, around 500 ml each

200 ml milk
180 g plain yogurt
1 apple, coarsely grated
70 g rolled oats

250 g damson plums, sliced
2 tbsp water
1 tbsp liquid honey
¼ tsp cinnamon

1. Mix milk, yogurt, apple and oats together, divide into jars, cover and allow to soak in refrigerator for approx. 8 hours or overnight.

2. Mix plums, water, honey and cinnamon in pan, cover and simmer until soft for approx. 5 min, let cool, distribute on top of oat mixture.

Per serving: 367 kcal, F 10 g, C 54 g, P 12 g



Vegetable Crisps

Preparation time: approx. 15 min

Drying time: approx. 1½ hrs

For 2 people

2 carrots, cut lengthwise into thin strips of approx. 1 mm thickness

1 raw beetroot, cut into thin strips of approx. 1 mm thickness

2 pinches salt

200 g cottage cheese

50 g rocket salad, coarsely chopped

¼ tsp salt

1 dash pepper

1. Spread vegetables over two oven-safe wire racks and place each rack on a baking tray.

2. Drying: Approx. 1½ hrs in oven preheated to 90°C (convection). Turn vegetables 3 times while baking and keep oven door slightly ajar with a wooden spoon. Remove from oven, sprinkle with salt, cool on wire racks.

3. Puree cottage cheese with rocket, season, serve with vegetable crisps.

Storage: In a tightly sealed container for approx. 1 week.

Per serving: 175 kcal, F 5 g, C 15 g, P 15 g



Polenta Vegetable Muffins

Preparation time: approx. 25 min

Baking time: approx. 25 min

For muffin tin with 12 holes of approx. 7 cm Ø;

6 of which have been greased and lined with a piece of baking paper

For 2 people

½ tbsp olive oil

1 shallot, finely chopped

300 g zucchini, one third cubed;
remainder cut into approx. 2 mm long
thin strips, set aside

400 ml vegetable bouillon

100 g medium-grain polenta (4 min)

100 g ricotta

40 g sundried tomatoes, julienned

½ tbsp olive oil

1 tbsp fresh thyme

½ tsp salt

1. Heat oil in pan, sauté shallot and zucchini cubes for about 3 min. Add bouillon, simmer. Add polenta and stir continuously while cooking over low heat for about 4 min until a thick porridge-like mixture forms. Stir in ricotta and tomatoes, distribute into prepared tin.

2. Mix remaining zucchini with olive oil and thyme, add salt and spread evenly over polenta mixture.

3. Baking: For approx. 25 min in middle of oven preheated to 220 °C. Remove from oven and let muffins cool a few minutes in the tin, remove muffins, cool.

Can be prepared in advance: Bake muffins a day in advance, cover and store in refrigerator.

Per serving: 382 kcal, F 15 g, C 47 g, P 13 g

"5 a Day" – Simply Good for You!



What is "5 a Day"?

"5 a Day" recommends consuming five servings of vegetables and fruits per day. One serving equals a handful of vegetables and fruits. Ideally, this means three servings of vegetables and two servings of fruits. Be open to variety because in every vegetable and fruit there are other substances that do good things for our bodies. The more colorful the better!

Keep Fit with "5 a Day"

You'll keep fit with "5 a Day", because it is full of vitamins, minerals and dietary fibers. A varied and balanced diet is the Alpha and Omega for both body and soul. With our delicious recipe ideas, we show you just how easy it is to include fresh vegetables and fruits in your daily diet. A vegetable-rich and fruit-rich diet always contributes to healthy weight management.

What Counts in "5 a Day"?

- All fruits and vegetables count - whether consumed raw, cooked or frozen, they all count.
- At least one serving per day should be eaten raw, since heat-sensitive vitamins are lost during cooking.
- One of the servings can be replaced by 200 ml of unsweetened juice or 20-30 g of dried fruits.



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DIY “Instant” Soup

Preparation time: approx. 20 min
For 2 jars with lid, around 500 ml each

50 g glass noodles

1 carrot, julienned

50 g frozen peas

50 g shiitake mushrooms, sliced

100 g smoked tofu, cubed

2 tbsp flat-leaf parsley

2 tbsp soy sauce

1 tbsp miso paste (see note)

1 tsp vegetable bouillon powder

500 ml water, boiling

1. Cut noodles into pieces with scissors, place all listed ingredients up to and including the bouillon powder in the jars, cover and refrigerate until ready to serve.

2. Pour boiling water into jars, cover and steep for approx. 10 min.

Note: Miso paste is used for Japanese soups. It is available in larger Coop supermarkets and Asian grocery shops.

Per serving: 270 kcal, F 8 g, C 35 g, P 14 g



Vegetable Curry

Preparation time: approx. 35 min
For 2 people

-
- ½ tbsp roasted sesame oil**
 - 1 onion**, thinly sliced
 - 1 garlic clove**, crushed
 - 300 g winter squash** (e.g. butternut),
in approx. 1 cm cubes
 - 200 g waxy potatoes**, in approx. 1 cm cubes
 - 1 red pepper**, in strips
 - 1 tbsp red curry paste**
-
- 250 ml vegetable bouillon**
 - 100 ml coconut milk**
 - 1 tbsp lime juice**
 - 1 tbsp ginger**, finely grated
-
- 80 g red lentils**
 - 1 tbsp cilantro leaves**
-

1. Heat oil in wok or large frying pan. Stir-fry onion and all other ingredients up to and including the red pepper for approx. 5 min, stir in curry paste.

2. Add bouillon and all other ingredients up to and including ginger, bring to boil. Reduce heat, cover and simmer over low heat for approx. 8 min.

3. Add lentils, continue simmering for about 8 min until done, sprinkle with cilantro.

Can be prepared in advance: Make vegetable curry a day in advance, cool, cover and store in refrigerator.

Per serving: 460 kcal, F 14 g, C 66 g, P 17 g



Beef Mince Pilaf

Preparation time: approx. 35 min
For 2 jars with lid, around 500 ml each

1 tsp olive oil

200 g beef mince

½ tsp paprika powder or sambal oelek

¼ tsp salt

1 tsp olive oil

2 spring onions including the green tops,
cut into thin rings

70 g long-grain rice (e.g. parboiled)

250 ml vegetable bouillon

1 tin chopped tomatoes (approx. 230 g)

1 tin kidney beans (approx. 215 g), rinsed,
drained

1 yellow pepper, cubed
salt, as needed

1. Heat oil in non-stick frying pan. Sauté meat for approx. 4 min, season, remove from pan. Wipe off extra fat.

2. Warm oil in same pan. Sauté onion for approx. 1 min. Stir in rice, cook briefly. Add bouillon and bring to boil. Reduce heat. Add cooked meat, cover and simmer over low heat for approx. 15 min. Add tomatoes, beans and yellow pepper, continue to simmer approx. 5 min, add salt to taste.

Can be prepared in advance: Make pilaf a day in advance, cool, cover and store in refrigerator.

Per serving: 548 kcal, F 22 g, C 49 g, P 35 g



One-Pot Chicken

Preparation time: approx. 25 min
For 2 people

-
- 100 g pasta (e. g. spelt penne)
 - 1 chicken breast (about 160 g),
cut into approx. 2 cm cubes
 - 250 g sugar peas
 - 2 shallots, cut into thin strips
 - 1 organic lemon, small amount of grated
lemon peel and 1 tbsp juice; set juice aside
 - $\frac{3}{4}$ tsp salt
 - 1 dash pepper
 - 200 ml water
 - 100 ml single cream for sauces
-
- 10 g almonds, coarsely chopped
 - 2 tbsp dried cranberries
-

1. Place pasta and all ingredients up to and including cream in pan, mix together, bring to boil. Cover and cook over medium heat for about 10 min stirring occasionally, until pasta is al dente.

2. Stir in lemon juice. Sprinkle with almonds and cranberries.

Tip: Instead of sugar peas, use green asparagus, cut into pieces of approx. 3 cm length.

Can be prepared in advance: Make one-pot a day in advance, cool, cover and store in refrigerator.

Per serving: 548 kcal, F 19 g, C 58 g, P 35 g

“5 a Day” throughout the Day

Your fittest self on the go

We are on the go a lot. To keep fit throughout the day, our bodies need enough energy. What we eat has great impact on our well-being and performance. Vegetables and fruits are low in calories and fat, while providing valuable vitamins and minerals, and are vital in boosting brain and nerve functions. With a few simple tricks, you can incorporate “5 a Day” into your everyday life and ensure fit days ahead.

At Breakfast

- Mix an extra serving of fruit into your Bircher muesli.
- A glass of smoothie or unsweetened fruit juice gets you off to a good start.
- Breakfast smoothie-to-go: Mix seasonal fruits with a tablespoon of nuts and a tablespoon of cereal flakes.

At the 9 a.m. Break

- A piece of fruit in between meals chases morning hunger pangs away.
- Carrot or cucumber sticks are handy snacks.

- Keep a box of raisins or dried apricots in a drawer. About 30 g of these cover a “5 a Day” serving.
- A serving of applesauce is a tasty alternative.

In Your Lunchbox

- Take along an extra serving of veggies in a plastic food box (i. e., kohlrabi, fennel, radishes).
- Vegetable salads made of beets, carrots, broccoli, etc., are great to fill your tummy at noon.
- Mix an abundance of vegetables (peppers, tomatoes, cucumbers) with homemade pasta or rice salads.
- Put lettuce leaves, cucumbers or pepper strips in your sandwiches, or eat a sandwich full of cherry tomatoes, cucumber slices or celery sticks.

For your afternoon Snack

- Enjoy a serving of yogurt or cottage cheese with fresh seasonal fruits added.
- Homemade muesli bars with plenty of dried fruits can be very easily prepared.
- Fruitcakes and pies or fruit muffins are tasty snacks.



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Summer Salad Bowl

Preparation time: approx. 20 min
For 2 jars with lid, around 500 ml each

1½ tbsp herb-flavoured wine vinegar

1 tsp olive oil

2 tbsp water

1 garlic clove, crushed

1 tbsp olive oil

1 aubergine (approx. 200 g),
in approx. 1½ cm cubes

1 fennel, in thin slices

¼ tsp salt

1 dash pepper

120 g cherry tomatoes, halved

100 g feta, cubed

2 tbsp flat-leaf parsley, coarsely chopped

1. Stir together vinegar, oil, water and garlic in bowl.
2. Heat oil in non-stick frying pan. Sauté aubergine and fennel for approx. 6 min, add dressing and season.
3. Mix in tomatoes, feta and parsley and refrigerate until ready to serve.

Per serving: 284 kcal, F 21 g, C 8 g, P 12 g



Celery Quinoa Salad

Preparation time: approx. 30 min
For 2 jars with lid, around 400 ml each

80 g quinoa
salted water, boiling

½ tbsp mustard
1 tbsp lemon juice
2 tbsp rapeseed oil
1 tin chickpeas (approx. 215 g), rinsed, drained
200 g celery, sliced
4 apricots, diced
salt, pepper, to taste
1 tbsp seed mixture

1. Add quinoa to boiling salted water, cover and simmer for approx. 20 min until soft, rinse with cold water and drain.

2. Stir together mustard, lemon juice and oil in a bowl. Add chickpeas, celery and apricots along with quinoa, mix together and season. Sprinkle seeds on top and refrigerate salad until ready to serve.

Per serving: 410 kcal, F 18 g, C 45 g, P 14 g



Salmon Bowl

Preparation time: approx. 35 min
For 2 people

80 g short-grain rice (sushi rice)

150 ml water

1 tbsp rice vinegar

2 pinches salt

150 g daikon radish, julienned

150 g carrots, julienned

1 spring onion including the green top,
cut into thin rings

50 g edamame, removed from pod

½ tbsp olive oil

¼ tsp salt

150 g smoked salmon fillet, sliced

1 tsp black sesame seeds

½ tbsp olive oil

2 fresh eggs

1. Place rice in pan with water, bring to the boil. Reduce heat, cover and simmer over low heat for about 10 min. Turn off stove and allow rice to continue cooking on residual heat for another 15 min, without lifting the lid. Place rice in a bowl, add vinegar and salt, fluff with fork.

2. Mix daikon radish and all other ingredients up to and including the salt in a separate bowl, arrange in serving bowls with rice, salmon and sesame seeds. Cover and store in refrigerator until ready to serve.

3. Heat oil in non-stick frying pan. Crack eggs one after the other and slide into pan, fry over medium heat for approx. 4 min, serve with salmon.

Tips

- Instead of fried eggs, serve hard-boiled eggs.
- Serve with soy sauce, wasabi paste and pickled ginger.
- Instead of edamame, use frozen peas, blanched.

Per serving: 480 kcal, F 20 g, C 40 g, P 31 g



Beetroot Salad with Chicken

Preparation time: approx. 20 min
For 2 people

½ tbsp olive oil
2 chicken breasts (each approx. 160 g)
¼ tsp salt
200 g cooked beetroot, sliced
120 g lamb's lettuce

1 tbsp red wine vinegar
1 tbsp olive oil
2 tbsp water
2 cm horseradish, finely grated
¼ tsp salt
1 dash pepper
30 g walnuts, coarsely chopped, toasted

1. Heat oil in non-stick frying pan, reduce heat. Over medium heat, fry chicken on both sides for about 5 min. Remove, salt to taste, cool slightly and cut into slices. Place chicken with beets and lamb's lettuce on the plates.

2. Stir vinegar and all other ingredients up to and including the pepper, drizzle over salad, sprinkle with nuts.

Can be prepared in advance: Make salad a day in advance, keep salad dressing separate, cover and store in refrigerator.

Serve with: Bread, crackers or rice.

Per serving: 414 kcal, F 23 g, C 10 g, P 42 g



Chicory Salad with Tuna and Egg

Preparation time: approx. 15 min
For 2 people

-
- 200 g chicory, in thin strips
 - 60 g baby kale or lamb's lettuce
 - 1 tin water-packed tuna (approx. 200 g), drained, shredded
 - 2 hard-boiled eggs, quartered
-
- 2 tbsp apple cider vinegar
 - 2 tbsp rapeseed oil
 - 1 tbsp water
 - ½ pomegranate, seeds extracted
 - 8 black olives, pitted and sliced
 - 2 tsp thyme leaves
 - ¼ tsp salt
 - 1 dash pepper
-

1. Place chicory and all other ingredients up to and including the eggs on the plates.

2. Mix vinegar and all remaining ingredients together and drizzle over the salad.

Can be prepared in advance: Place salad and salad dressing in separate covered containers and refrigerate until ready to serve.

Serve with: Bread or couscous.

Per serving: 342 kcal, F 21 g, C 9 g, P 29 g

“5 a Day” Makes You Smart

Smart Facts

- One serving of gummy bears (25 g) contains 86 kcal. They do not contain any vitamins, minerals or dietary fibers.
- One apple (120 g) has only 66 calories. Moreover, it provides many important nutrients, vitamins and minerals.
- Three apricots (120 g) have only 58 calories and cover 133 % of the daily beta-carotene requirement. The vitamin beta-carotene is essential for healthy skin, good vision and boosting the immune system.
- A glass of orange juice contains less vitamins than a fresh orange.
- What we eat affects our performance level. Vegetables and fruits provide important vitamins and minerals that are vital for boosting brain and nerve functions. “5 a Day” makes you smart.



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Smart Shopping



If fruits and vegetables are enjoyed in season, there is no need to have them from greenhouses. This makes a big difference in the taste; because freshly harvested, ripe vegetables and fruits have more intense and greater taste. Additionally, you are protecting the environment. Seasonal vegetables and fruits can grow under natural conditions. They are brought faster and fresher to markets or stores and do not need to be stored or cooled for long periods. Therefore, energy expenditure is also reduced.

Which vegetables and fruits are now in season? Visit:

www.5aday.ch/seasons-table

Regional is just as important as seasonal. Enjoy the variety at the weekly local food markets. Most food and produce offered there comes from regional farmers. Regionally grown vegetables and fruits contain a lot of nutrients, because they can be harvested ripe and need only to be transported over short distances. Moreover, the atmosphere at the markets makes shopping a real pleasure!

We hope you enjoy reading, shopping and trying out "5 a Day".
Enjoy your meal!

"5 a Day"



"5 a Day" is a campaign from the Swiss Cancer League that promotes the consumption of vegetables and fruits.





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