

ENJOY THE FRUITS OF FITNESS.

*Tips, exercises and recipes
for a healthier life.*



Makes you feel GOOD

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These ideas will whet your appetite for healthy eating. Try them out for yourself.

WELCOME TO ACTIVE LIFE WITH DOLE!

Today, everyone knows that exercise is healthy. But be honest, do we always follow good advice? If not, it's high time we did. Read how simple it is to make your life healthier. This brochure contains easy but effective exercises for you to do every day as well as important information about a balanced diet. Did you know, for example, that lots of exercise in the fresh air will automatically make you want to eat delicious, healthy foods like fruit and vegetables? Better get moving straight away and do something for your health!

Wishing you lots of fun and a healthy appetite



Welcome

WHAT VITAL NUTRIENTS DO FOR THE BODY.

Vitamins, our best helpers.

What do vitamins and gentle exercise (e.g. going for a walk) have in common? Both promote our mental powers! We also need daily vitamins to ensure that vital physical processes function properly. The body is unable to produce most vitamins itself and has to obtain them from food. Fresh fruit and vegetables are the most important source of natural vitamins!



Minerals? Powerful stuff!

To be active, the body needs minerals, which play a role in a number of different activities. They help build up bones and teeth and strengthen connective tissue and muscles as well as blood and nerve cells. Vegetables are the most important source of minerals. Watch out when cooking to keep vegetables “crunchy” because they are not only healthier, they taste better, too!

Fats: unsaturated are better!

Light, steady exercise, like walking or cycling, burns up body fat. In a healthy diet, the amount of so-called “unsaturated” fatty acids is especially important. These are usually soft or liquid and mostly derived from plants. That’s why oils from olives, seeds and nuts are particularly beneficial.

Proteins: cell builders.

We need protein to keep our body flexible and in good shape all our life. Protein is an important source of energy. The protein in the food we eat is broken down by our body into small sub-units, amino acids. Fish, meat and dairy products, as well as pulses and vegetables provide us with amino acids.

Dietary fibre moves the body.

Dietary fibre, or roughage, is a good and healthy way to keep our body moving all by itself. Insoluble fibre absorbs liquid in the intestine and so aids our digestion and keeps us feeling satisfied longer. Soluble fibre has a favourable effect on blood lipids and fat metabolism. Wholemeal products, cereals, wheat bran, salad, fruit and vegetables are the main roughage-rich foods.

Carbohydrates – high performers.

Natural foods provide us with complex carbohydrates that supply the body with a steady stream of energy – a bit like a long-distance run! Carbohydrates in sugar, on the other hand, work fast, but only for a short time – like a sprint. Valuable, complex carbohydrates are found in cereals, wholemeal products, potatoes, pulses and fresh fruit and vegetables!

HEALTHY NUTRITION PLUS HEALTHY EXERCISE IS THE BEST RECIPE.

Healthy nutrition and exercise are closely connected. Physically active people work up a healthy appetite. Healthy eating, on the other hand, will enhance performance and physical well-being. Fruit and vegetables play a big role here!

Five a day!

Scientists recommend five portions a day to ensure a well-balanced diet: more carbohydrates, more roughage, lots of different vitamins and minerals, minimal fat and, as a very special extra, secondary plant substances. Only in fruit and vegetables are these protective substances found in large quantity and variety.

Fresh energy from fresh fruit.

Fresh fruit not only contains natural sugar, but also lots of valuable vitamins, roughage and secondary plant substances. This makes fruit a good snack for in between or after sports and exercise. Raw vegetables also quickly replenish the body's healthy energy supplies.



Exercise works up a healthy appetite.

Regular exercise really does stimulate an appetite for healthy food! Especially when done out of doors. Sporting activities set the digestive system in motion and that shortens the time food remains in the body.

Take the time to eat in peace!

Don't rush meals, take the time to enjoy the smell of fresh fruit, the crisp bite of raw or gently cooked vegetables. Savour the flavour and chew thoroughly for as long as possible – so your body can make more use of the nutrients later on. Five small meals a day are better than three big ones!

THE SIMPLE WAY TO MAKE YOUR LIFE MORE ACTIVE .

If you would like to lead a more active life, you don't need to make any great preparations. Walking, jogging, cycling and Nordic walking are all simple but extremely effective ways to do it. Best set aside half an hour for some exercise several times a week!

Walk more and you're well on the way!

Use stairs instead of lifts or escalators. Getting off the bus one stop early, occasionally parking the car a little way away from your front door or deciding to cover short distances on foot in the first place are also a good idea. Go for a short walk round the block half an hour before you go to bed—you'll sleep better!



Nordic Walking? It's a walkover.

The best way to get your body even fitter with a gentle workout! Nordic walking keeps 90 % of your musculature in motion, step by step. It activates fat burning and also strengthens your upper body. You can learn how to do it in the space of an hour—all you need are special walking sticks.



How to go about jogging properly.

Beginners start gradually by jogging for two to three minutes during a walk. The ideal amount of jogging is two to three times a week for half an hour. Remember not to lean forward and not to tense your shoulders while running. Let your arms swing loosely by your side. Try to put down the ball of your foot first and to cushion your steps so that the heel barely touches the floor.



Stay healthy, ride a bike.

Cycling improves cardiovascular functions, brings down blood pressure and strengthens the immune system. Don't forget to adjust the seat, handlebars and saddle to your height or cycling position before setting off for the first time. It's healthier to ride in a low gear, thus increasing your pedalling frequency. Avoid riding as hard as you can, relax and pedal gently.



Fit all Day

SHORT BREAK - WITH EXERCISE!

With these exercises, you can easily do something for your body at home, in the office or out in the fresh air. Tip: make exercise a family affair. It's easy to get children interested in fitness and exercise and they, in turn, help to keep you moving!

Relaxing exercise for the back.

If your back hurts after hours of work sitting down, kneel on the floor, bend forward and stretch your hands out in front of you as far away from your knees as possible. Now let your spine sag.



Take the strain out of your shoulders.

With these exercises, you promote an upright posture by lifting your breastbone and at the same time loosening up your shoulder girdle.

1st exercise:

Simultaneously circle both shoulders backwards slowly.



2nd exercise:

With your hands behind your back, try to touch or take hold of the fingers of your left hand with your right hand from underneath.



Strength for tum, legs and bottom!

Lie down on your side on the floor and prop up your head on your hand. Now tense your stomach muscles and slowly raise both legs, one higher than the other. Retain this position briefly and slowly allow your legs to sink to the floor. Change sides when you have repeated the exercise up to eight times.



Good for balance.

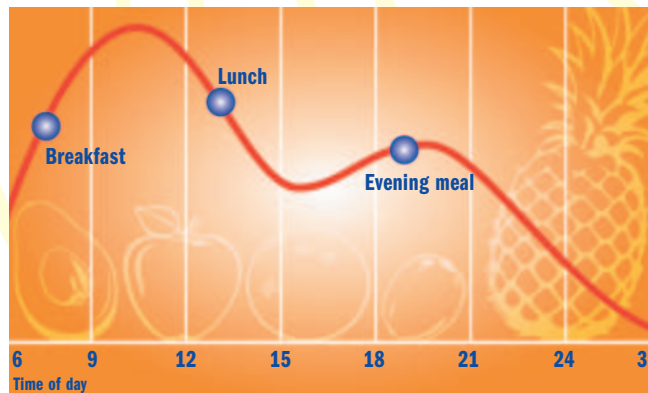
Stand up straight and place one foot against the side of your calf. Now stretch out your arms to the sides, palms facing upwards, and tense your stomach muscles. Advanced students can also try this exercise with their eyes closed. Change legs after repeating six times.



FANTASTIC ANY TIME OF THE DAY: FRESH FRUIT.

If you would like to stay fit and active, it's a good idea to spread your meals evenly: three not too big main meals and two or three small snacks in between are ideal because the body finds it easier to cope with smaller meals and can absorb vitamins and minerals better. This keeps your natural performance curve high! Tip: instead of chocolate or cake, go for fresh fruit in the afternoon. Pineapple, bananas and grapes are also wonderfully sweet, but far healthier and they also give you an extra energy boost.

Performance curve



You can count on our fruit.

Pineapple		per 100 g
kJ	204	
kcal	49	
protein	0 g	
carbohydrates	13 g	
fat	0 g	

Apple		per 100 g
kJ	246	
kcal	59	
protein	0 g	
carbohydrates	15 g	
fat	0 g	

Orange		per 100 g
kJ	198	
kcal	47	
protein	< 1 g	
carbohydrates	11 g	
fat	0 g	

Avocado		per 100 g
kJ	678	
kcal	162	
protein	2 g	
carbohydrates	8 g	
fat	16 g	

Banana		per 100 g
kJ	386	
kcal	92	
protein	< 1 g	
carbohydrates	24 g	
fat	< 1 g	

Grapefruit		per 100 g
kJ	134	
kcal	32	
protein	< 1 g	
carbohydrates	8 g	
fat	0 g	

Kiwi		per 100 g
kJ	257	
kcal	62	
protein	1 g	
carbohydrates	15 g	
fat	0 g	

Grapes		per 100 g
kJ	298	
kcal	71	
protein	1 g	
carbohydrates	18 g	
fat	0 g	

Nutritional Values

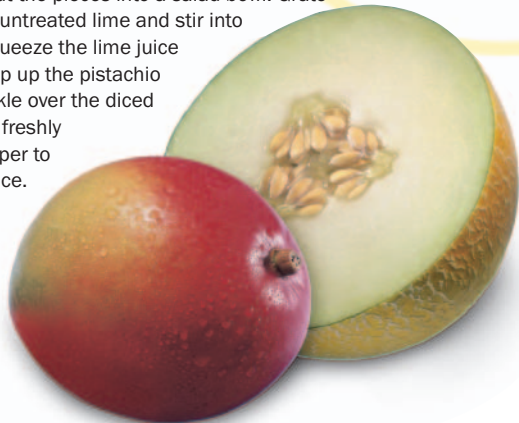
LOTS OF DELICIOUS IDEAS FOR A HEALTHY LIFE!

Whether in snacks, cocktails, side dishes or salads, fruit is amazingly versatile in the kitchen. On the following pages, you will find some fantastic recipe ideas Dole has put together for you. They are really simple and taste delicious. What are you waiting for? Best try one out straight away!

Refresh Cocktail

Mango and Melon Salad
(Four dessert or snack portions)

Gently toast 12 green pistachio kernels in a non-stick pan without fat and allow to cool. Dice the flesh of a mango (peeled) and half a honeydew melon and put the pieces into a salad bowl. Grate off the peel of an untreated lime and stir into the diced fruit. Squeeze the lime juice over the fruit. Chop up the pistachio kernels and sprinkle over the diced fruit. Season with freshly ground green pepper to add a touch of spice.



Runner's Salad

Mediterranean Orange Salad
(Four portions)

Peel 4 oranges carefully and slice. Arrange on a plate. Clean, halve and finely chop 2 fennel bulbs (approx 200 g each) and 1 to 2 red onions and pile onto the orange slices. Decorate with 20 black olives. Use 2 tbsp red or white wine vinegar, sea salt, black pepper from the mill and 4 to 6 tbsp olive oil (extra vergine) to make a dressing and drizzle over the salad.



Active Salad

Pear and Cheese Salad
(Four hors d'oeuvres portions)

Stir 2 tbsp freshly pressed orange juice, 1 tbsp balsamic vinegar, 1 chopped shallot, 1 clove of garlic (pressed), salt, pepper and 3 tbsp walnut oil together to make a dressing. Quarter 4 to 6 pears (600 g), core and cut into thin slices. Cut 4 slices smoked turkey breast into strips. Grate 200 g mature Gouda or Swiss cheese into thin strips. Mix all ingredients with the dressing. Line 4 salad bowls with radicchio strips and fill with salad. Chop 8 walnut halves and sprinkle over the salad.



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Makes you feel GOOD