



Makes you feel GOOD

Health that bears fruit

Valuable tips and delicious recipes with
all the benefits of fruit.



The Food Pyramid

4–5

What provides a healthy diet – and in what quantities? The food pyramid reveals all.

Vital Nutrients

6–7

Nutrition Treasures: vitamins, minerals, and fiber.

Fruit Dictionary

8–11

Every fruit has its own positive impact on our health.

Nutritional Values

12–13

See at a glance how much goodness there is in fruit.

Quality from Dole

14–15

Everything Dole does to bring you healthy fruit from all over the world.

Fruity Recipes

16–17

Fruit: the new stars in your daily diet.

Tips on Exercising

18–19

Useful tips from our nutritionist for you and your family's health and fitness.

Welcome to the fruity world of Dole!

Fruit everyday is essential to keep in good health. Why should fruit be part of your daily diet, and how can you include it everyday? How can you choose and prepare fruit, combining your nutrition needs and the pleasure of eating? It's easy!

Dole has asked nutrition experts and chefs to provide us with tips and tricks to make our fruit eating occasions, even healthier for the whole family.

Bon appétit!

Welcome

Fruit & vegetables: our vital foundations

The food pyramid:
a model to follow to build
your nutritional balance

For the young and grown-ups, here is what you should
choose for everyday:



A table spoon of rapeseed oil and a little bit of butter,
cream or oil of your choice,



Bread, cereals or dried vegetables at each meal,



Meat, fish or egg once a day and three portions of dairy-
products or cheese,



5 portions of fruit & vegetables are essential. For example:
a bowl of soup, a portion of grated carrot, a piece of fruit,
a portion of cooked fruit or a glass of 100% fruit juice.

The LOGI pyramid by Dr Nicolai Worm, Systemedverlag.

Vitamins and Co.

Vitamins, the vital sparkle

They are the sparkle that makes the whole difference! Whether Vitamin A, C, E, or the Vitamin B group, they are daily essentials and fruit provides the most important natural source of four vitamins.

- Vitamin C is for immunity and vitality. It is also a building block for skin collagen and is well-known for its anti-ageing properties.
- Vitamin B9 helps renew and maintain your cells. Everybody needs Vitamin B9 as our tissues are renewing a little everyday. And it is especially valuable for foetus development during pregnancy, babies, children and those who are convalescing.
- Pro-Vitamin A is important in helping to maintain healthy skin and vision.
- Lastly, Vitamin E is indispensable in protecting our tissues.



Fiber: good for digestion but even more important for balance

Fruit & vegetables are a phenomenal source of fiber. This is great news considering the role of fiber for a well-functioning intestinal tract.

Combined with the water contained in fruit & vegetables, fiber becomes great ballast for balance. “Soluble” fibers, like the pectin contained in fruit, are particularly important for the role they play in maintaining your blood sugar levels. Soluble fibers help to prolong satiety and thus avoid “energy lows”. Even though it’s recommended that a third of our daily diet should contain fiber, we don’t consume enough ... so, get ready for more fruit and veg!

Carbohydrates and natural sugar in fruit

These natural sugars will not make you put on weight, rather they provide slow released energy to your cells. **During each meal** you can eat as many pieces of fruit as you like.

Minerals & trace elements

Fruit also provides essential minerals and trace elements that complement your daily nutrition requirements: calcium, iron, selenium.



Invite fruit into your life

Queen of fruit

Delicious! This is the word that best describes pineapples: when ripe, they are a complete dessert and so juicy and tasty that everyone will enjoy them.

Invite pineapples to your celebrations. Cut into quarters, or slices and decorate, anyway you want, they are always delicious!

Pineapples

Rich in fiber and contain a lot of water; essential for a normal intestinal functioning, pineapples are also a source of vitamin C, necessary for your skin tone and vitality.

One generous slice will provide your daily Vitamin C needs.



Bananas

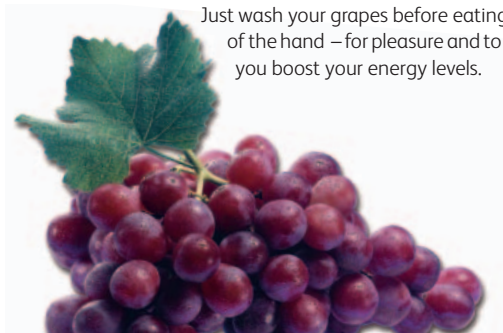
This is the favorite for kids and sporty people. Bananas are packed with nutritional advantages: carbohydrates bringing energy and satiety, also fiber and Vitamin C. And all this is protected inside natural packaging – a thick skin! You can take these vitamins everywhere with you!



Grapes

Rich in carbohydrates and high in water, grapes are a valuable mine of natural protective phytonutrients: the antioxidants. Validating the famous "French paradox", a daily glass of wine does you the world of good.

Just wash your grapes before eating out of the hand – for pleasure and to help you boost your energy levels.



Apples

“An apple a day keeps the doctor away”.

This well-known saying makes even more sense today within the scientific community since it is easier to more accurately measure its richness in powerful antioxidants that protect your tissues. Apples are also a great source of fiber!



Plums

Red, yellow or purple, plums are rich in fiber and potassium and always contain a lot of water; three compounds that help you to have a well-functioning intestinal tract. Flavorful and juicy, plums are great as a dessert or for snacking. Even when they are dried, plums retain all their nutritional benefits.



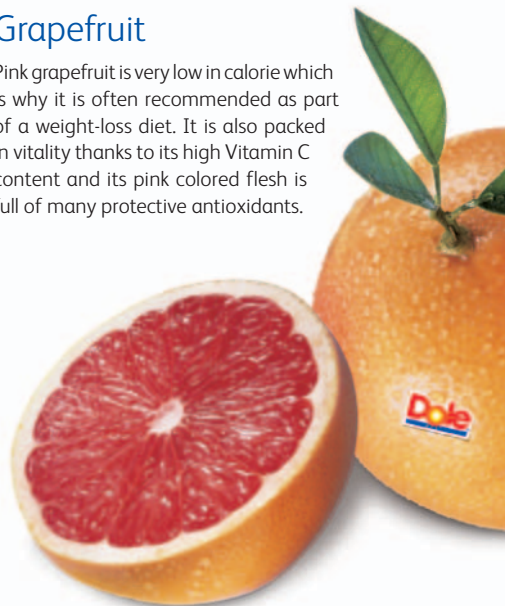
Kiwi fruit

Famous for their high Vitamin C content and conveniently enjoyed straight out of the flesh. Chefs often use kiwi fruit for the eye-catching presentations they provide with their brilliant emerald green flesh.



Grapefruit

Pink grapefruit is very low in calorie which is why it is often recommended as part of a weight-loss diet. It is also packed in vitality thanks to its high Vitamin C content and its pink colored flesh is full of many protective antioxidants.



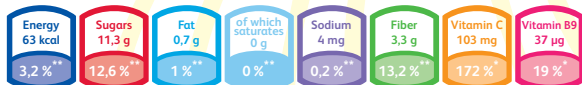
What do you know about fruit?

They are famous for being rich in Vitamin C... but they offer much more!
Most importantly they are nutrient dense rather than calorie dense.

You can't get enough of it ...

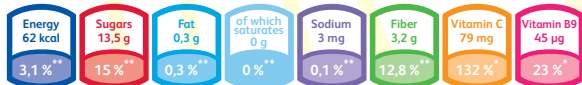
Kiwi fruit

Per Portion 120g



Oranges

Per Portion 150g



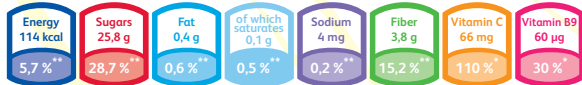
Strawberries

Per Portion 100g



Mangoes

Per Portion 185g



Grapes

Per Portion 150g



Apples

Per Portion 220g



Bananas

Per Portion 150g



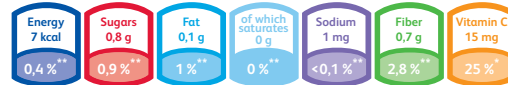
Grapefruit

Per Portion 150g



Lemons

Per Portion 30g



Pineapples

Per Portion 120g



*RDA: Recommended Daily Allowances **GDA: Guideline Daily Amounts

Health has many stops along the way at Dole. All Aboard!

Fruit is healthy. But how does healthy fruit reach us? And what does Dole do so that you can enjoy fruit from all over the world with a clear conscience? Here is a list of the various stages in a healthy chain!

Cultivation

Dole takes great care to ensure its fruit is cultivated as environmentally friendly and naturally as possible. This also includes social responsibility toward the workers on the plantations, the communities, and partners.



Harvest

Careful harvesting and packaging methods with constant quality checks. Every delivery can be traced precisely back to its origin.



Transportation

Careful transportation in the world's very latest refrigerated ships. The fruit arrives at your supermarket at exactly the right time in the ripening process!



Research

The Dole Nutrition Institute carries out research into the use of fruit and vegetables and their effects on the body, provides service and information for consumers, and develops fresh ideas for recipes.

Variety

The golden rule with fruit: variety makes our diet more diverse and even healthier. This is why Dole is constantly on the look out for new, tasty ways to bring fruit to your table. For instance, through ready-cut and portioned fruit. This lets you rediscover your desire for a healthy diet over and over again – with little effort.



Dole Quality

Lots of lot delicious ideas on how to live healthier lives for longer!

Whether as snacks, cocktails, side-dishes or salads – fruit is an unbelievably versatile ingredient in our cuisine. On the following pages, Dole has put together a number of tasty, easy-to-follow recipes for you. Try them out right now!

Crunchy pine & kiwi salad

(serves 4)

Cut into chunks your DOLE Tropical Gold® Pineapple and 4 kiwis into quarters. Squeeze with fresh lemon juice. Decorate with a couple of mint leaves just before serving.

Pink Paradise

A sparkling mix of strawberry, banana, orange and lemon (serves 2)

1 banana, 2 handfuls of strawberries (fresh or frozen),
1 orange (cut into segments) or the juice of
2 oranges, Juice of 1 lemon

Place all the ingredients into a blender and blend for 2 minutes. You can add a couple of ice-cubes to chill and a mint leaf for the extra flavor! Et voilà!

Sneeze-buster

Winter cold and flu are not for you!
(serves 2)

1 grapefruit (cut into segments)
2 kiwis
1 orange (cut into segments)
or the juice of 2 oranges
Juice of 1 lemon

Place all the ingredients into a blender and blend for 2 minutes. You can add ½ banana for a thicker consistency. Bon appétit!



Mini fruit-skewer with cream or yoghurt sauce

(serves 4)

Slice into quarters a large red apple. Peel and slice into quarters your DOLE Tropical Gold® Pineapple. Lastly peel and slice a kiwi and a banana. On a mini-skewer push the fruit slices alternating the colors. Whip up some fresh cream adding a little icing sugar. Dip your skewer into the cream and serve chilled. For a healthier alternative use yoghurt. Just delicious!



Eat fruit and keep moving – it's your health

Healthy food makes us feel good, but our body doesn't really reach top form unless we get enough exercise. Below are a few simple tips that can help all of us improve our health.

Start early!

What better legacy is there than to make your kids love to eat fruit from an early age? Give them a health advantage for the future! After their first months introduce them to fruit and vegetables, as juice or pureed. Later teach them to appreciate the seasonality of fresh fruit and vegetables.



Stay young!

It's been proven: neither creams nor pills help against ageing – a healthy diet and regular exercise are the only way! A tip from Dole: start your personal fitness program with a bit of easy jogging, drink lots of liquid, and afterward eat a banana to restore your energy balance. You'll see: it's fun!



Never too old to start!

Women and men "in the prime of their life" frequently neglect their body and put their health at risk in doing so. And yet it can be so easy to exercise: why not take the stairs instead of the elevator, or the bike instead of the car. And when you go shopping, take the more scenic route instead of the shortest.

In good shape every day!

One, two, three pieces of fruit every day: a good answer to be in good shape your whole life. Follow the seasons and shop at your local market! This way you will maximize your benefit of a whole array of vitamins, protective antioxidants and their best flavor! Satisfaction guaranteed!





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