

Quick fix

If you make one change...

...scrub fruit and veg

Put your peeler away and scrub up on your fruit and veg knowledge. With a simple wash and once-over with a scrubbing brush, you can up your fibre intake and reduce your food waste.

Fruit and veg peels are packed with nutrients we might be missing out on by removing them. Unpeeled produce is richer in fibre*, which supports digestion, working as a lubricant to help food travel through our gut more easily.

Good for you and the planet – keeping the skin on your produce also reduces the amount you throw away.

Not every fruit can be scrubbed. Melons, onions, avocado and pineapple need to have their skins removed. Citrus fruits should be zested instead – why not try garnishing wholewheat pasta with lemon zest as a tasty alternative to salt?

Gently scrub fruit and veg under cold water for 30-60 secs using a brush. It may help to soak thicker skins in water for 15 mins first. For firmer root veg, a brush with stiff bristles should do the trick, but be gentler with softer items like mushrooms.

Scrubbing
brush, £3

TRY SCRUBBING...

Potatoes
Carrots
Beetroot
Kiwis
Parsnips
Sweet potatoes

Did you know...?

The peel of some fruit and veg, as well as the flesh, can contain antioxidants such as vitamins C and E. These are essential to balancing harmful compounds called free radicals* in the body. Research suggests that high levels of free radicals may be linked to diabetes and heart disease**.

Turn over for more
health boosts