



Food and Agriculture
Organization of the
United Nations

Seasonal fruits and vegetables in Italy presented at screen in FAO Headquarters

With key nutritional properties outlined

A collaboration between the Office of Internal Communications (OCCI) and the Food and Nutrition Division (ESN)

Awareness raising campaign at headquarters aiming to strengthen healthy food environments in-house. Information cards can be downloaded and showcased in your offices to encourage healthy food choices.

Reach out to nutrition@fao.org for more information.

What's on your plate?

Nutritional properties and benefits

**Rich in
antioxidants**

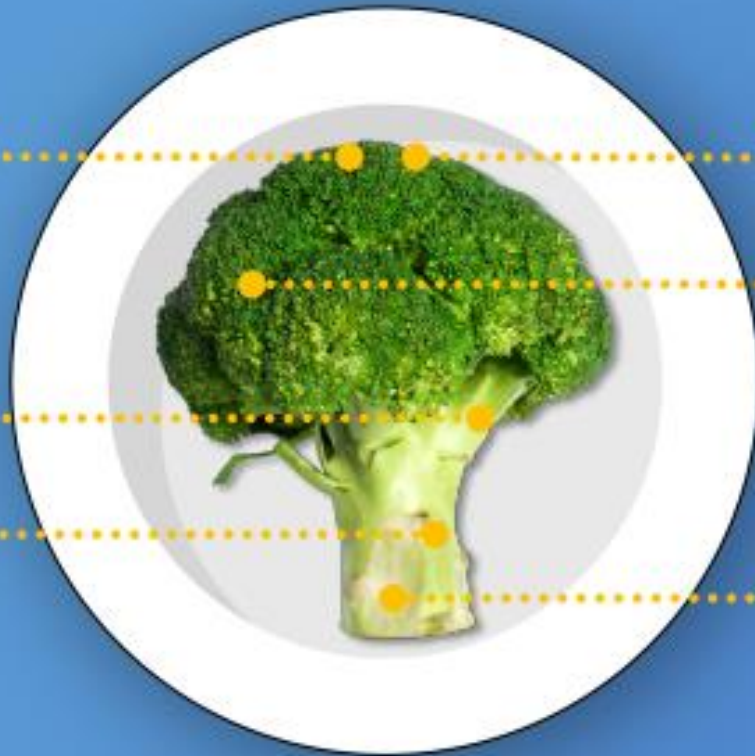
**Boosts
immune system**

**Helps to
protect the eyes**

**Improves
skin health**

**Good source
of fibre**

**Reduces
inflammation**



Broccoli

Do you know the scientific name?

Brassica oleracea

What's on your plate?

Nutritional properties and benefits

Hydrating (90 percent water!)

Low in calories

Rich in Vitamin C

Contains potassium for supporting blood pressure and heart health

Contains beta-carotene

Watermelon

Do you know the scientific name?
Citrullus lanatus

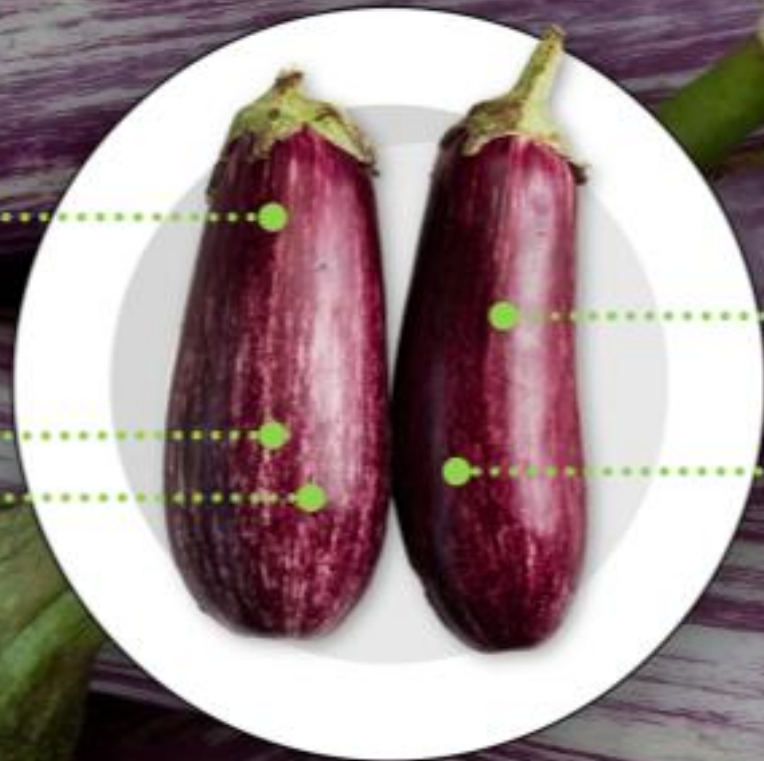
What's on your plate?

Nutritional properties and benefits

Rich in antioxidants

Good source of potassium

High in fibre



Helps to maintain blood health

Supports a healthy heart

Eggplant

Do you know the scientific name?

Solanum melongena

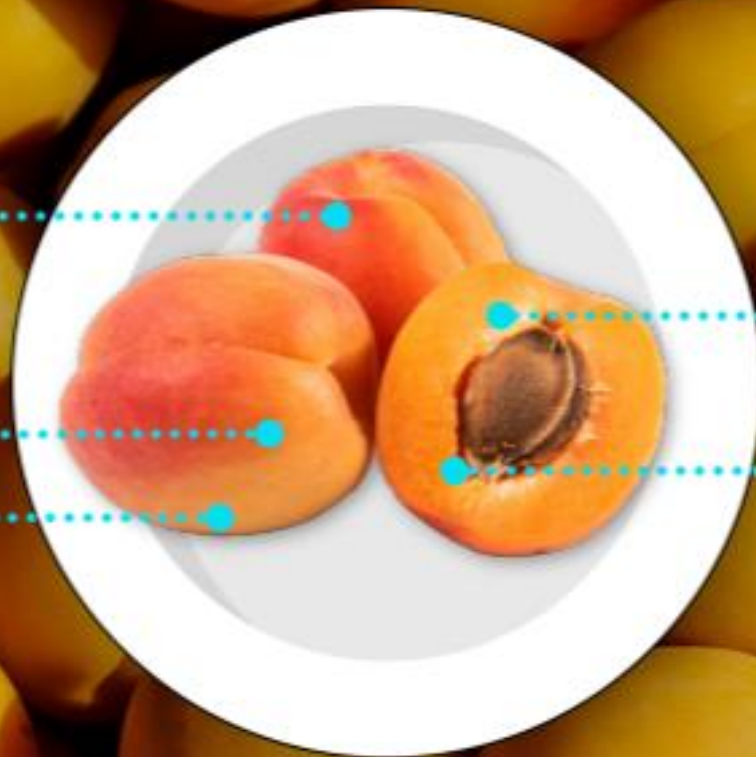
What's on your plate?

Nutritional properties and benefits

Rich in antioxidants

Good source of potassium

Rich in vitamin A



Supports healthy blood pressure

Contains beta-carotene to keep your skin healthy

Apricot

Do you know the scientific name?
Prunus armeniaca

What's on your plate?

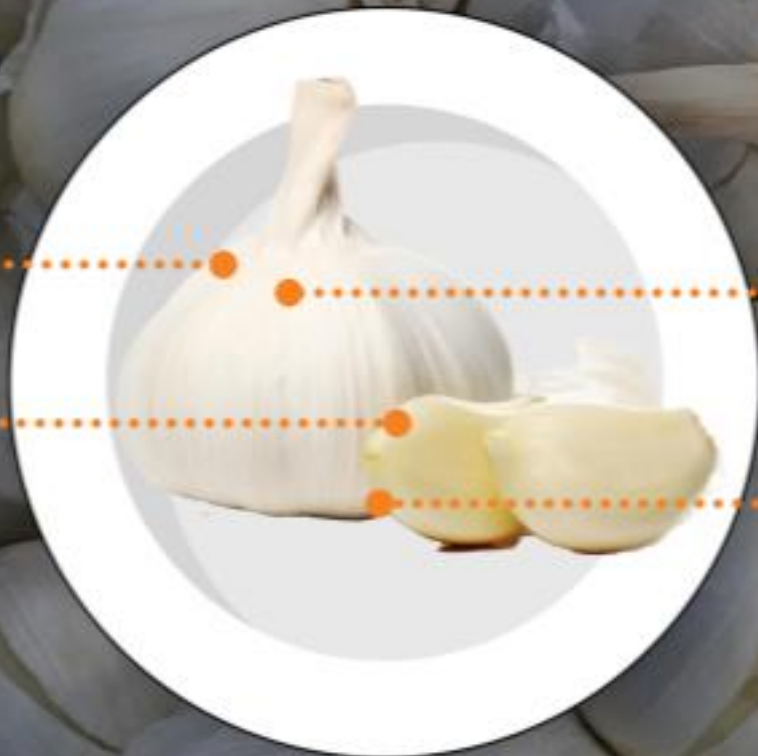
Nutritional properties and benefits

Supports heart health

High in vitamins B and C

**Anti-inflammatory
(when eaten raw)**

**Rich in manganese and
selenium**



Garlic

Do you know the scientific name?

Allium sativum

What's on your plate?

Nutritional properties and benefits

Rich in vitamin A, E and K

Supports blood and heart health



Can be eaten raw or cooked

Contains antioxidants and beta-carotene

Contributes to bone health

Chard

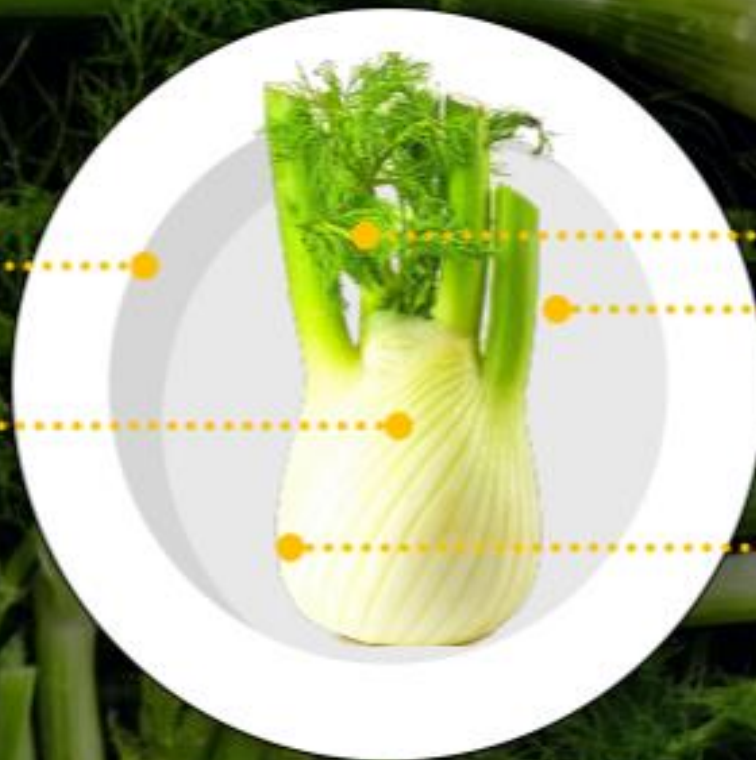
Do you know the scientific name?
Beta vulgaris var. cicla

What's on your plate?

Nutritional properties and benefits

Good source of essential minerals

High in vitamin K



Bulb, seeds, leaves and flowers are all edible

Contributes to a healthy digestive system

Promotes bone health

Fennel

Do you know the scientific name?
Foeniculum vulgare

What's on your plate?

Nutritional properties and benefits

Good source of vitamin B6

Rich in copper

Supports blood
and heart health

High in fibre

Helps digestion



Figs

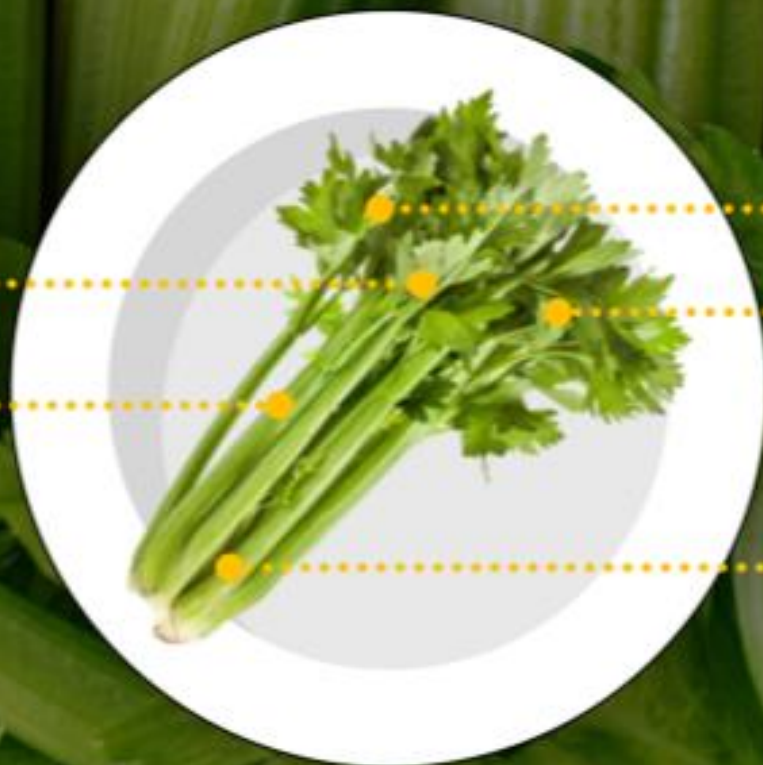
Do you know the scientific name?
Ficus carica

What's on your plate?

Nutritional properties and benefits

Hydrating and refreshing

Contains vitamin A, C and K



Best consumed raw

High in fibre

Contains antioxidants

Celery

Do you know the scientific name?
Apium graveolens

What's on your plate?

Nutritional properties and benefits

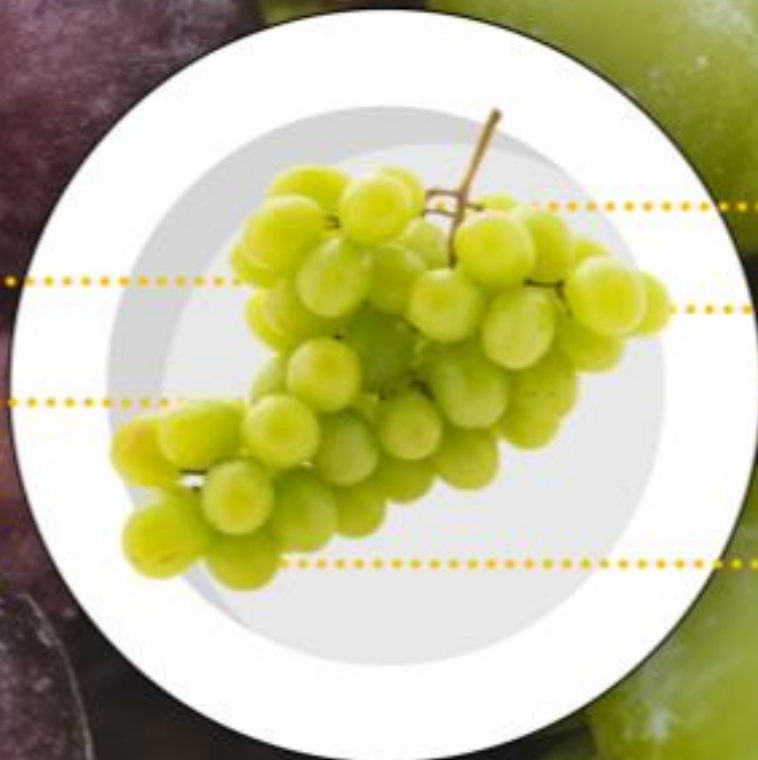
Hydrating

Source of fibre

Helps blood and heart health

High in potassium

Rich in antioxidants



Grapes

Do you know the scientific name?
Vitis

What's on your plate?

Nutritional properties and benefits

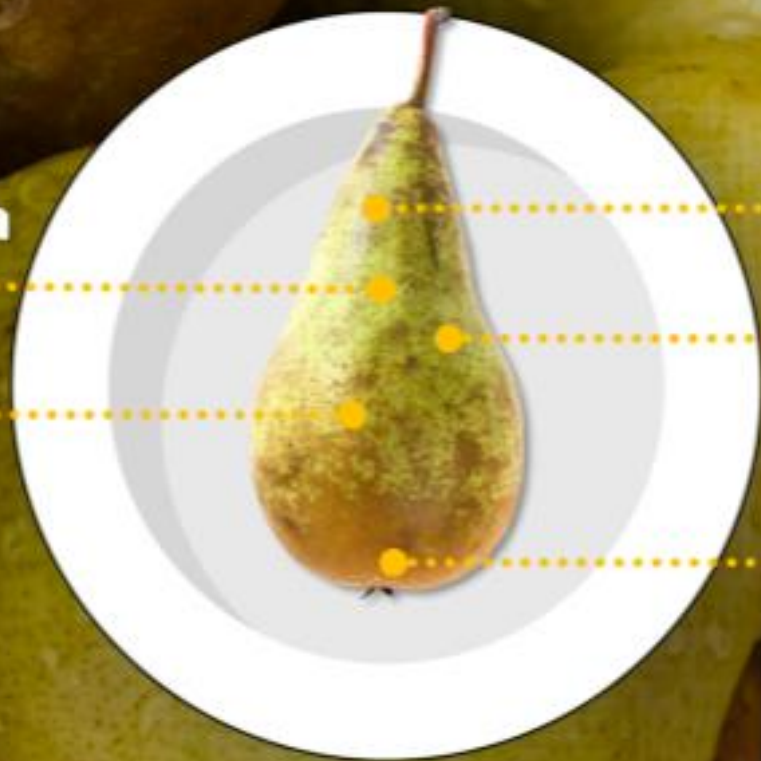
Supports blood and heart health

Rich in vitamins C and K

Good source of fibre

Rich in potassium

High in antioxidants



Pear

Do you know the scientific name?

Pyrus

What's on your plate?

Nutritional properties and benefits

High in vitamins
A and C

Supports blood
and heart health

Boosts the
immune system



Rich in potassium, iron,
zinc, and calcium

Contains folic acid,
crucial before and
during pregnancy

Asparagus

Do you know the scientific name?
Asparagus officinalis

What's on your plate?

Nutritional properties and benefits

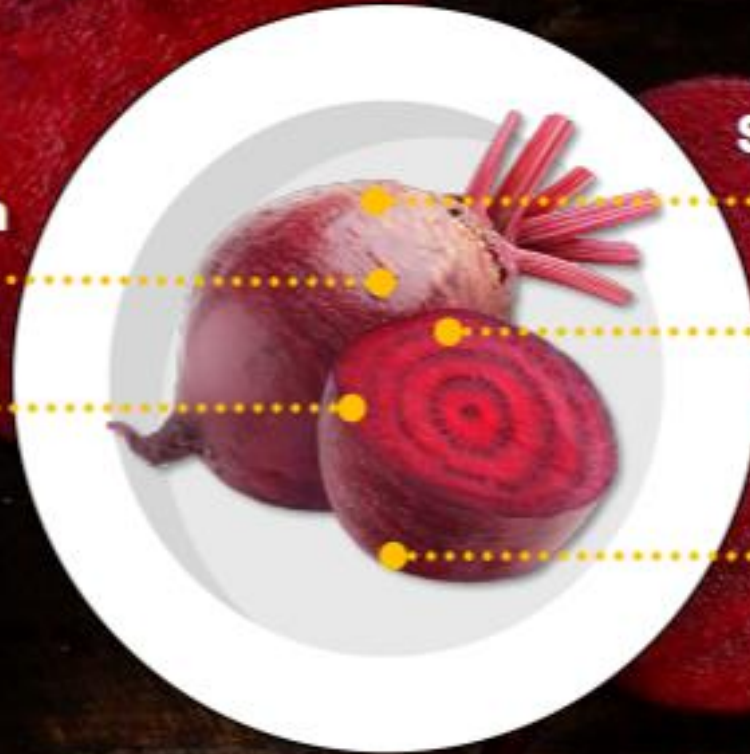
Supports blood and heart health

Supports post-exercise recovery

Good source of folate

Helps with digestion

High in antioxidants

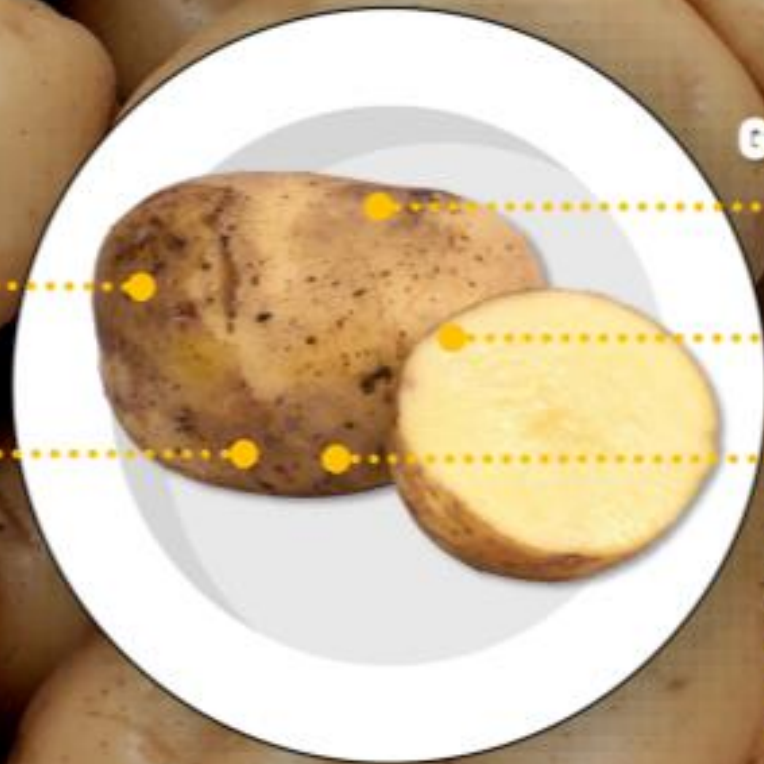


Beetroot

Do you know the scientific name?
Beta vulgaris

What's on your plate?

Nutritional properties and benefits



Good source of fibre

**Contains iron,
phosphorous, calcium,
magnesium, and zinc**

Good source of vitamins B6 and C

**Helps to lower
blood pressure**

Rich in potassium

Potatoes

Do you know the scientific name?
Solanum tuberosum

What's on your plate?

Nutritional properties and benefits

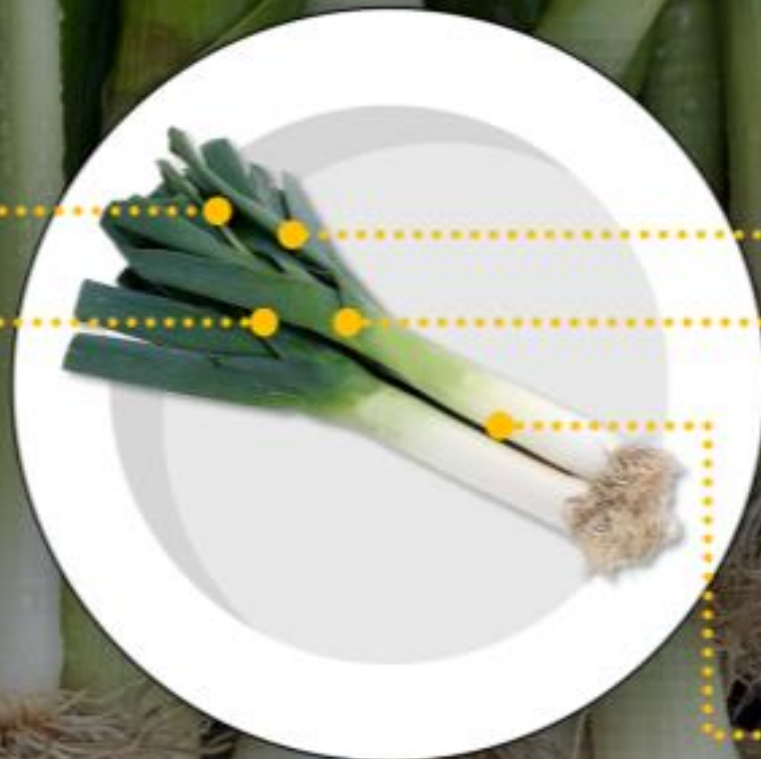
Rich in vitamin A, B6, C and K

Supports blood and heart health

Rich in magnesium

Source of fibre, copper, iron, and folate

Anti-inflammatory properties



Leeks

Do you know the scientific name?

Allium ampeloprasum

What's on your plate?

Nutritional properties and benefits

High in vitamins A and C

Rich in antioxidants

Good source of fibre

Supports eye health

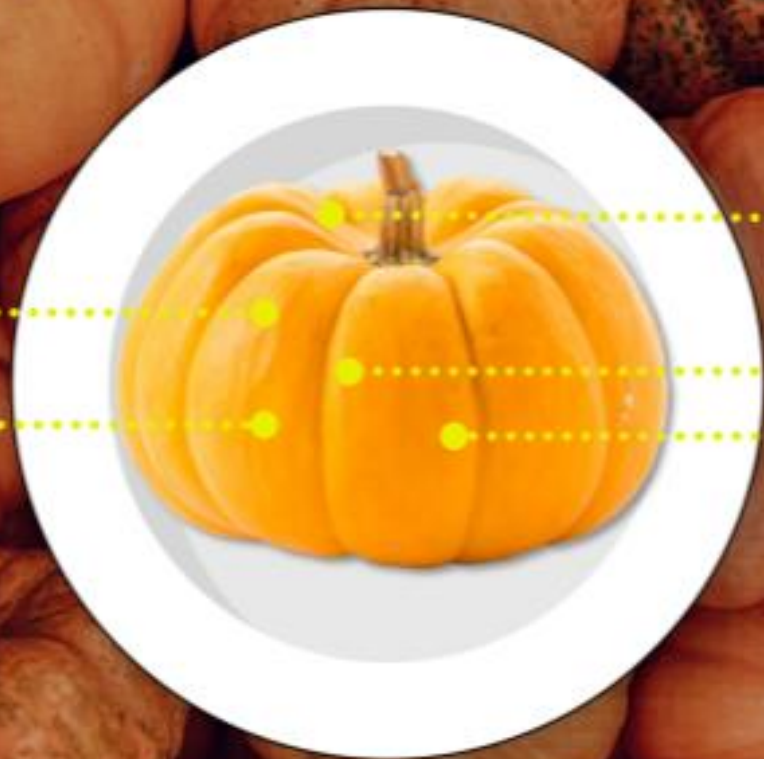


Persimmon

Do you know the scientific name?
Diospyros kaki

What's on your plate?

Nutritional properties and benefits



Good source of vitamin A

Benefits for eye
and digestive health

Antioxidant properties

Rich in potassium

Supports heart
and blood health

Pumpkin

Do you know the scientific name?
Cucurbita

What's on your plate?

Nutritional properties and benefits

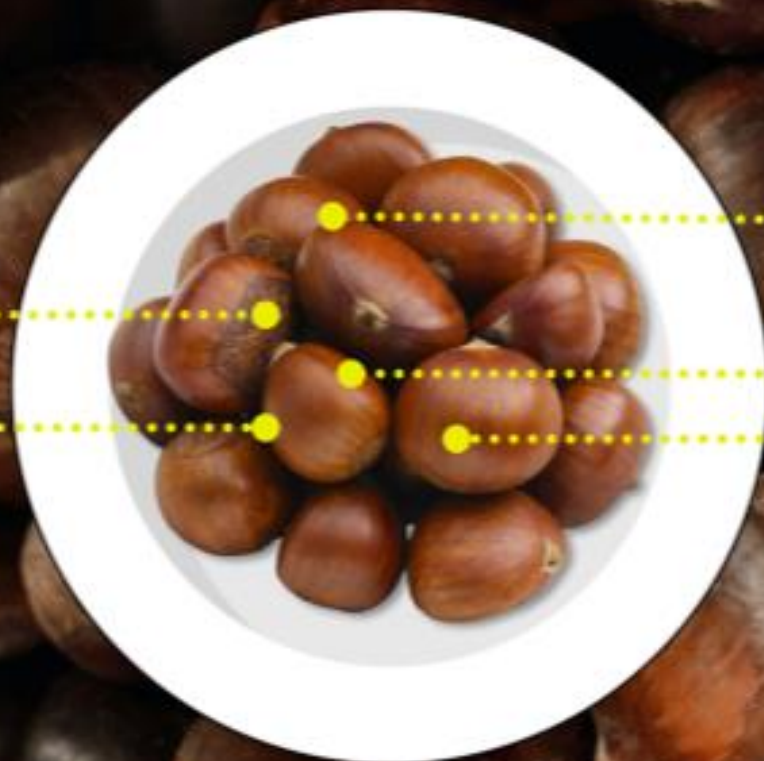
High in vitamins B6 and C

Rich in copper

High in dietary fibre

Good source of antioxidants

Supports heart
and blood health



Chestnuts

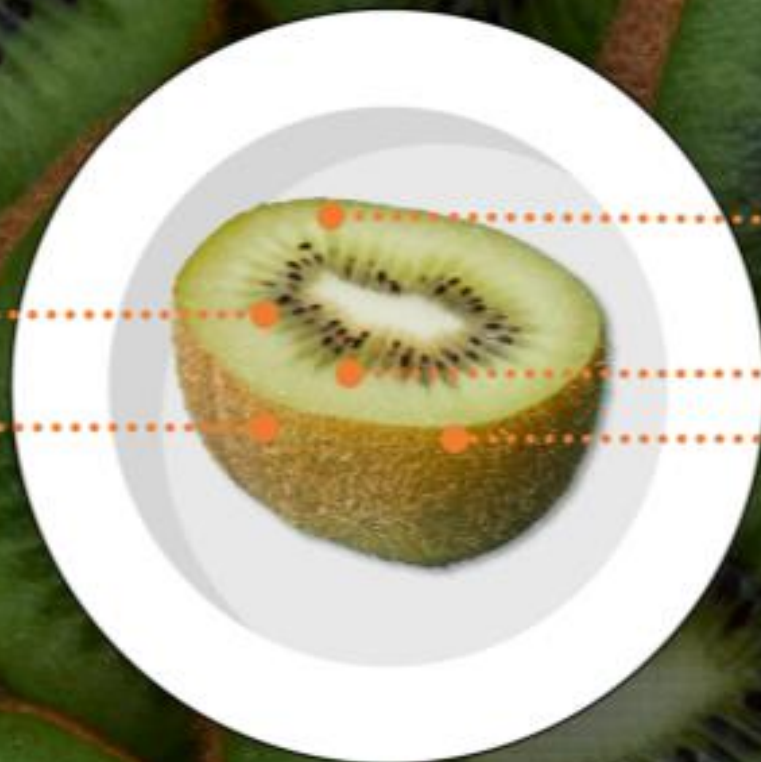
Do you know the scientific name?
Castanea

What's on your plate?

Nutritional properties and benefits

**Supports a healthy
immune system**

Rich in antioxidants



Good source of fibre

High in vitamins C and E

**Supports heart health
and digestive system**

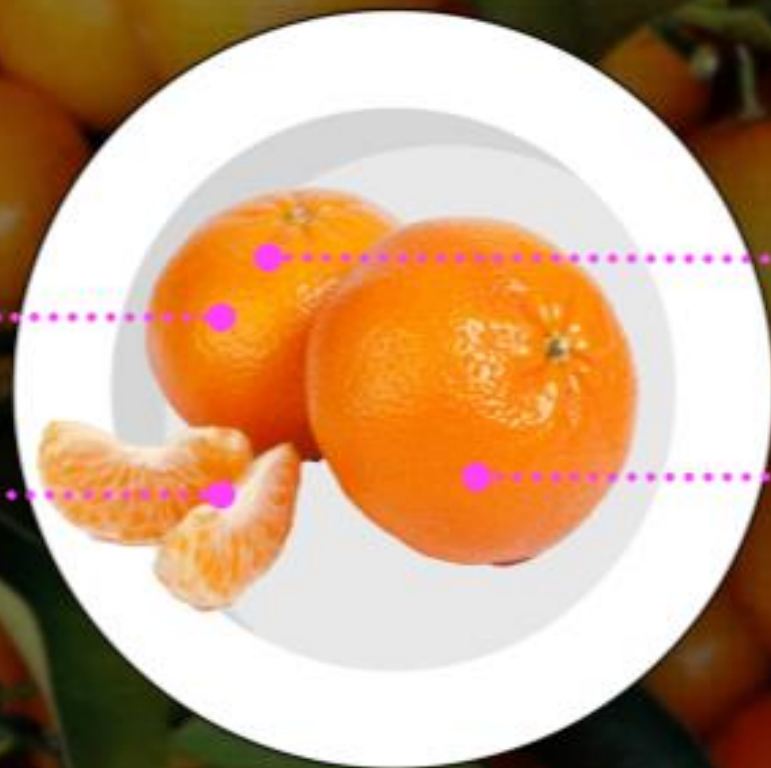
Kiwi

Do you know the scientific name?

Actinidia

What's on your plate?

Nutritional properties and benefits



Rich in vitamin C

Good source of antioxidants

Supports a healthy immune system

Hydrating

Mandarin

Do you know the scientific name?
Citrus reticulata

What's on your plate?

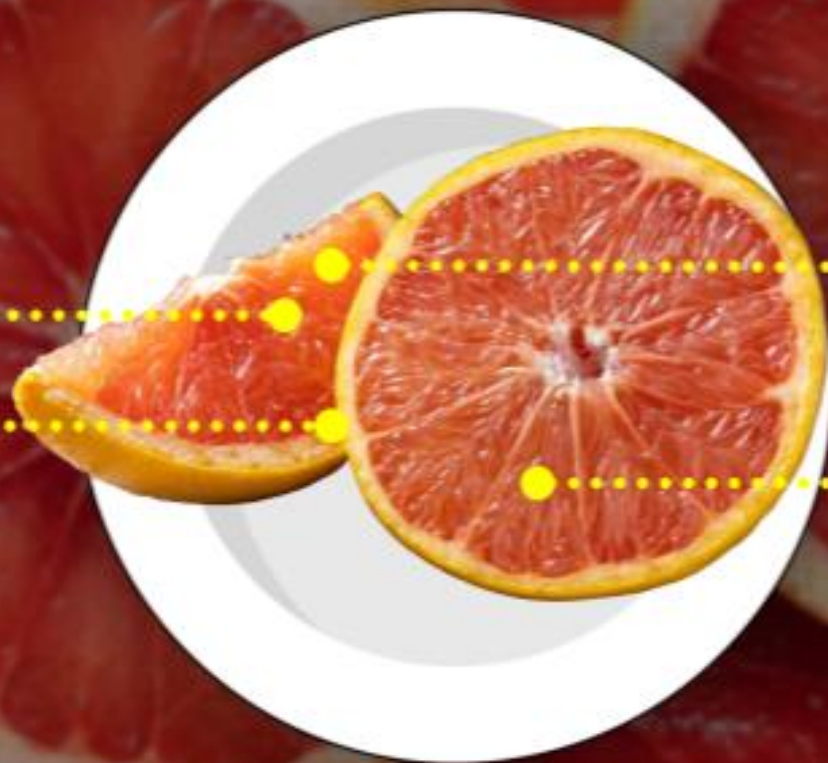
Nutritional properties and benefits

High in vitamins A and C

Supports a healthy
immune system

Supports eye health

Rich source of dietary fibres



Grapefruit

Do you know the scientific name?

Citrus × paradisi

What's on your plate?

Nutritional properties and benefits

High in antioxidants

**High in potassium and
fibre (with seeds)**

Anti-inflammatory

Native to the Middle East

Rich in vitamins

Pomegranate

Do you know the scientific name?
Punica granatum

What's on your plate?

Nutritional properties and benefits

Supports gut health

Anti-inflammatory



Rich in iron and copper

High in vitamin B

Sunroots

Do you know the scientific name?

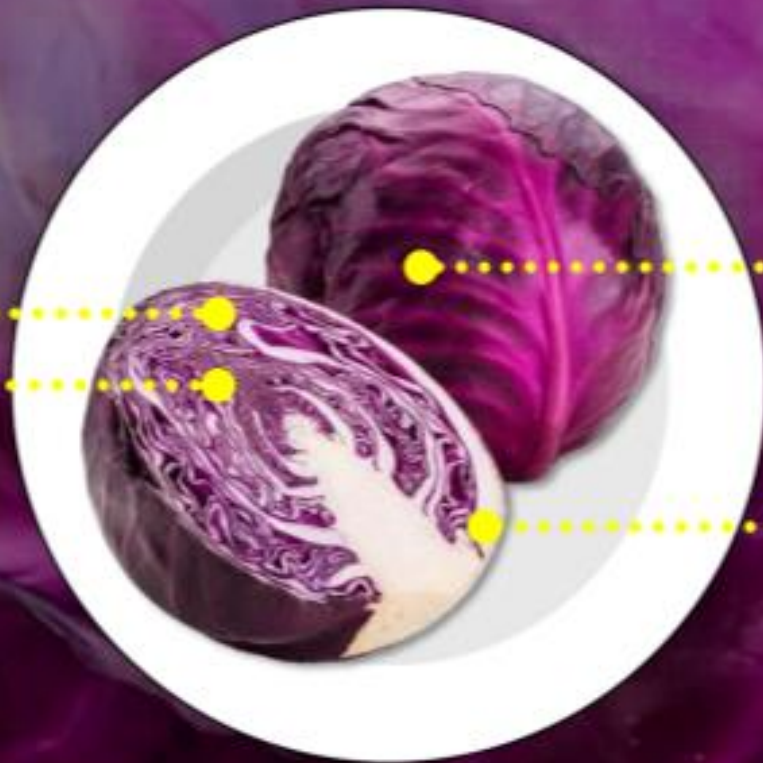
Helianthus tuberosus

What's on your plate?

Nutritional properties and benefits

High in vitamin C

Rich in antioxidants



Supports heart health

Good source of vitamins
K and B9 (folate)

Purple cabbage

Do you know the scientific name?
Brassica oleracea var. *Capitata* f. *rubra*

What's on your plate?

Nutritional properties and benefits

Rich in calcium, essential for healthy bones and teeth

Peas retain most of their nutritional value if frozen within 2.5 hours of being picked



Good source of plant protein, helps build cells, enzymes and hormones

High calcium content, contributing to healthy blood coagulation and nerve function

Peas

Do you know the scientific name?

Pisum sativum

What's on your plate?

Nutritional properties and benefits

Supports bone and blood health

Good source of potassium

High in vitamins C and E

Anti-inflammatory

Rich in antioxidants

High vitamin E content helps with protecting the skeleton, red blood cells and the nervous system from oxidative stress



Peach

Do you know the scientific name?

Prunus persica

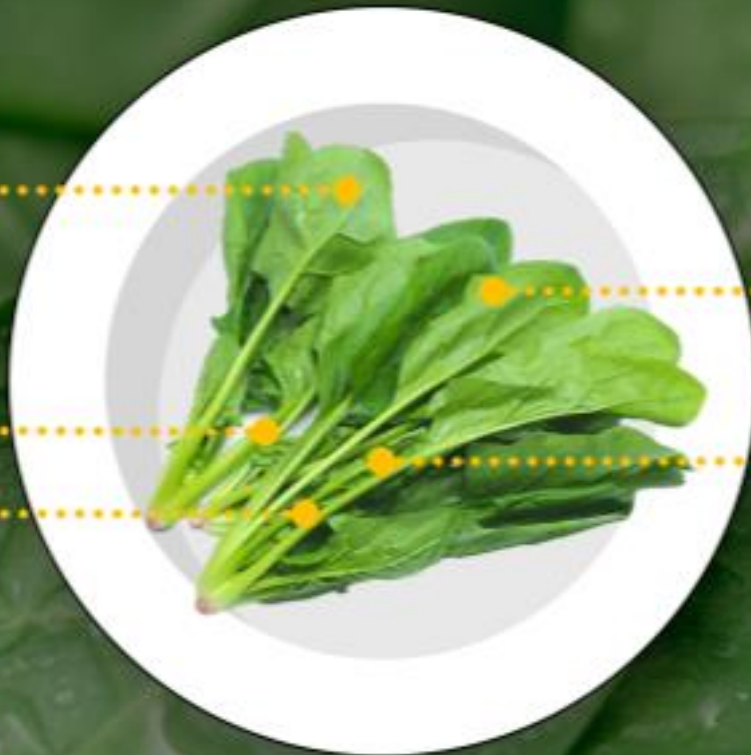
What's on your plate?

Nutritional properties and benefits

Good source of iron and antioxidants

Rich in vitamins A, B6, C and K

High in potassium, magnesium and selenium



Boosts immune system

Supports bone, blood and eye health

Spinach

Do you know the scientific name?
Spinacia oleracea

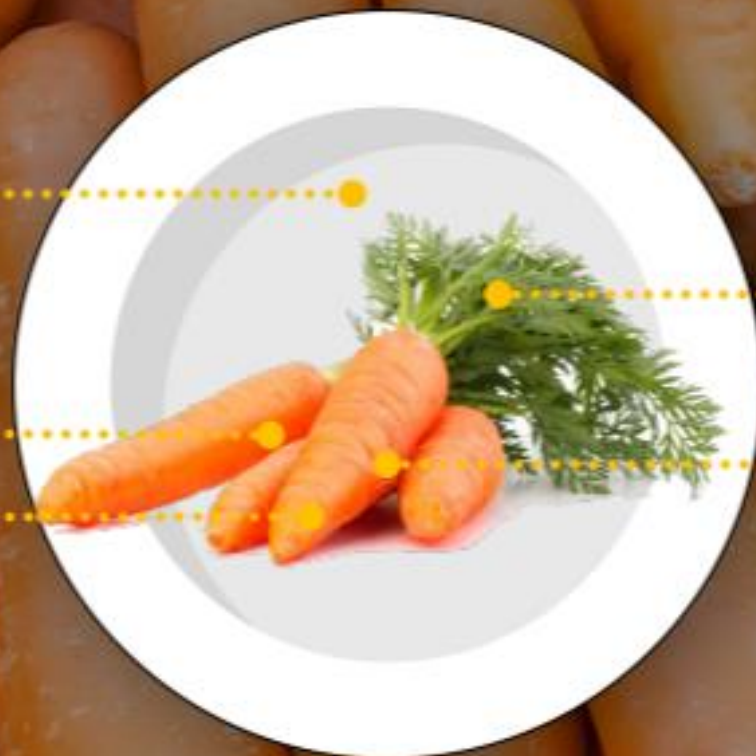
What's on your plate?

Nutritional properties and benefits

Rich in fibres, providing long-lasting satiety

Also comes in white and purple varieties

Good source of antioxidants that may reduce formation of blood clots and certain types of cancer



High in vitamin A and potassium

Promotes good eye, skin and blood health

Carrot

Do you know the scientific name?
Daucus carota

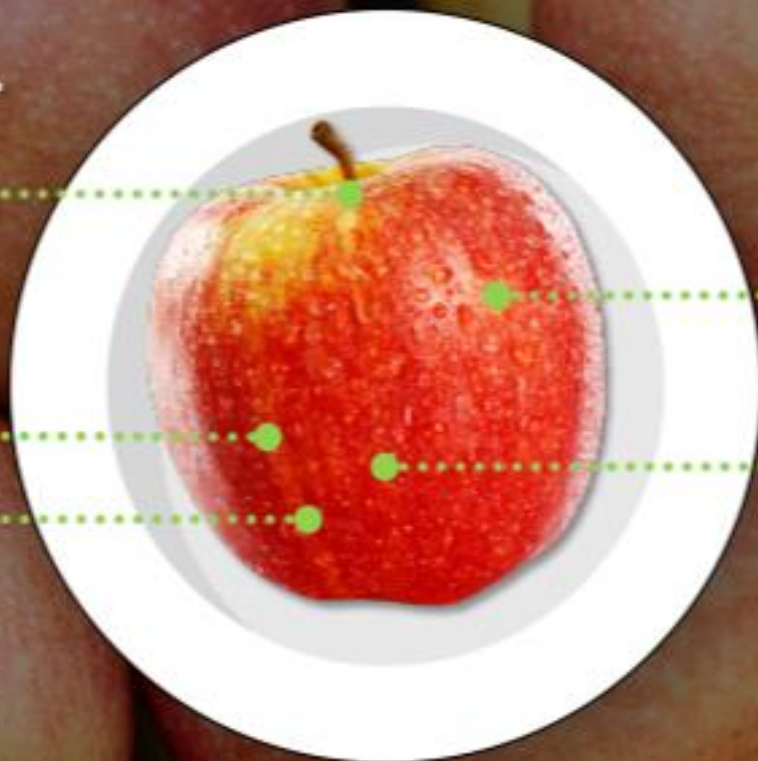
What's on your plate?

Nutritional properties and benefits

Rich in fibre, providing long-lasting satiety

High in antioxidants

Anti-inflammatory



High in vitamin C and K

Apples belong to the rose family, along with pears

Apple

Do you know the scientific name?

Malus

What's on your plate?

Nutritional properties and benefits

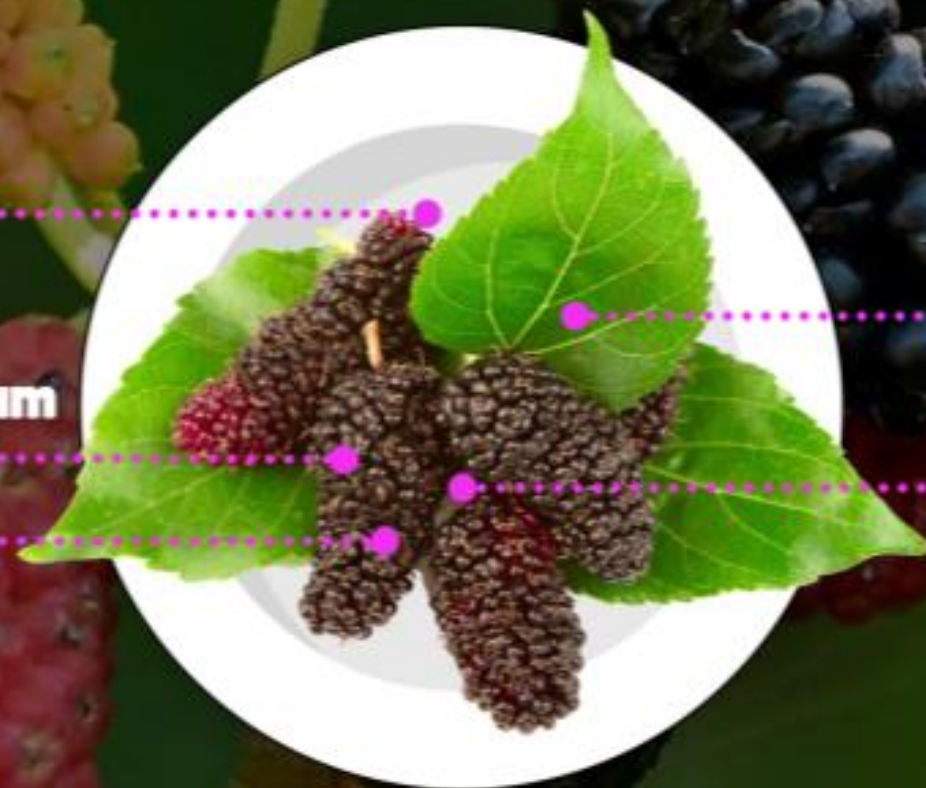
Rich in iron

**Contains potassium,
manganese and magnesium**

High in antioxidants

**Provides good source of
vitamins A,B, C and K**

Low calorie content



Mulberry

Do you know the scientific name?

Morus