5 al Día asks Arguiñano for a correction on some comments

The Association for the Promotion of Fruit and Vegetable Consumption “5 a day”, has contacted the producer of the program to express our dissatisfaction and concern about the type of messages made by chef Karlos Arguiñano regarding the maximum limit of Consumption of 3 servings of fruits a day due to its sugar content, implying that taking more fruits could be harmful to health.

This was the following letter issued by the Association:

"After watching the program" Karlos Arguiñano in your kitchen "aired on August 26 in Antena 3, where Ms. Ainhoa ??Sanchez makes nutritional dietary comments related to the ingredients of the recipes prepared on the set, the Association for the Promotion of Consumption of Fruits and Vegetables “5 a day”, wants to express its concern about the type of messages that were given regarding the maximum limit of consumption of 3 servings of fruits per day, due to its sugar content, implying that taking more fruit, could be harmful to health. ”

“The problem that currently affects the population's diet is the usual consumption of highly processed foods rich in sugars, saturated fats and salt. Therefore, the way to reduce the consumption of sugars, is to reduce and avoid the consumption of these products and not that of fruits. The three servings of fruits and the two of vegetables are amounts that, AS A MINIMUM, should be ingested each day to benefit from the health effects of daily consumption in the framework of healthy eating patterns. ”

“The most recent scientific evidence reinforces the message **of daily consumption of at least 5 servings between fruits and vegetables,** an amount adopted by the World Health Organization in its recommendations and that the Association “5 a day” promotes since its creation in the year 2000. While the added sugar and the present in honey and juices, are considered free sugars, those of
Fruits are intrinsic sugars. Daily consumption of at least 5 servings between fruits and vegetables is associated with a lower risk of chronic diseases such as obesity, diabetes, cardiovascular disease or cancer, while the usual consumption of products rich in free sugars is associated precisely to the contrary . While fruits are a natural source of fiber, antioxidants and numerous vitamins and minerals, difficult to find in other foods such as vitamin C and A, or magnesium, manganese and potassium., Processed foods rich in sugar are also usually in fat saturated and in total energy ”.