





- My ideal diet is to eat a bit of everything to keep fit, but mostly I eat **vegetables and fruits** in the blender and I love to mix some with **strawberries**.

**-Many nutritionists of elite athletes recommend the extensive breakfast, which consists of eating several pieces of fruit during the morning so that energy reserves are always maintained at the right levels. Do you practice it?**

-No, I don't do it because I don't eat in the morning. As a swimmer I train in a horizontal position so if I don't take enough time between my breakfast and my training I don't have a good stomach.

**-How do you learn to eat well, i.e. to make functionality prevail and not just taste?**

-I've learned to eat well over the years. When I was younger I preferred to eat junk food, but now I understand better that what I put in my body is my fuel to get me through the day and obviously you want to put in the right foods to have enough good quality energy for those hard workouts.

**- What would you like to pass on to the younger generation in terms of sport and good nutrition?**

- I would like to convey to the younger ones that it is important to eat healthy all year round in order to have enough energy and to train consistently.

**Florent Manaudou** and four other medallists are ambassadors of the European [#longlifechallenge](#) project, helping with their advice and support to spread the benefits of eating **fruit and vegetables** to all European households.

Specifically, Olympic athletes such as Ona Carbonell (the woman with the most medals in the history of world swimming championships), Lydia Valentín (Olympic champion at London 2012), German Sebastian Brendel (bronze medallist in still water at Tokyo 2020) and Polish cyclist Maja Włoszczowska (silver medallist at Rio de Janeiro 2016 in cross-country) are all endorsing the programme.

The [Long Life Challenge](#) campaign is run under the slogan "Compete for a better life by eating at least 5 fruits and vegetables a day, Join the #longlifechallenge of Europe", which aims to raise awareness of the importance of eating European fruit and vegetables on a daily basis.

The initiative is promoted by the **CuTE Healthy** consortium, made up of **FruitVegetablesEurope** and national fruit and vegetable associations from Spain, France and Poland (Citrus Management Committee -CGC, AOPn Fraises de France - National Association of French Strawberry Producers - Más Brócoli, Polish Association of Fruit and Vegetable Producer Groups - KZGPOiW and Interprofesional del Espárrago Verde de España). The actions will focus on four target countries: Belgium, Germany, France and Spain.



## About FruitVegetablesEUROPE

Founded 60 years ago, FruitVegetablesEUROPE is the European Fruit and Vegetable Association that defends, represents and promotes European fruit and vegetables. Based in Brussels, FruitVegetablesEUROPE acts as a liaison between sectoral stakeholders and policy makers in the European institutions, giving a voice to the European fruit and vegetable sector. The members of FruitVegetablesEUROPE are national and regional federations/associations (mainly producer organisations and associations) and companies from the main fruit and vegetable producing countries of the EU (France, Germany, Greece, Italy, Poland, Portugal and Spain).

[www.eucofel.eu](http://www.eucofel.eu)

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