



EAT YOUR 5 A DAY

Why eat more vegetables and fruits?

Making sure we eat at least five portions of vegetables and fruits a day is an important step towards a healthy balanced diet.

Vegetables and fruits can help us to stay in shape because they tend to be low in calories. Eating a variety provides us with many vitamins and minerals as well as fibre and phytochemicals. These can all help to keep us healthy and protect cells in the body from damage that can lead to cancer.

What counts?

- Fresh, dried, canned or frozen vegetables and fruits all count towards your 5 A DAY.
- Fruit juice and pulses such as beans only count as one portion per day no matter how much you eat or drink.
- Starchy foods such as potatoes, cassava, yam and sweet potato **don't count** as one of your 5 A DAY.

How much is a portion?

- A portion is about a handful (80g). A portion of dried fruit is about 30g. See below for some examples.
- Dried fruits are high in natural sugars so are higher in calories. Try to have no more than one portion per day.
- Fruit juices are also high in sugar so try to limit your intake to no more than one small glass (150ml) per day.
- Tinned vegetables and fruits can be higher in salt and sugar. Choose vegetables in spring water and fruit in natural fruit juice where possible.

TOP TIPS FOR REACHING YOUR 5 A DAY

- Have some grilled tomatoes or mushrooms on toast for breakfast
- Have a bowl of salad with your lunch or evening meal
- Add slices of fresh fruit to your cereal or porridge
- Try tinned fruit such as peaches (in natural fruit juice) with low-fat natural yoghurt for a healthy dessert
- Keep some dried fruit in your bag as a snack
- Have some vegetable sticks ready in your fridge for snacks
- Use vegetables and pulses such as beans to bulk up casseroles and stews

What makes up a portion:



1 banana



1 apple



150ml pure fruit juice



3 dried apricots



A handful of strawberries



2 kiwis



1 bowl of mixed salad



3-4 tablespoons of pulses such as beans



1 handful of vegetable sticks



1 handful of raspberries



4 broccoli florets



1/3 of an aubergine



EAT YOUR 5 A DAY

Use this table to keep track of how many portions of vegetables and fruits you eat over the week. Make a note of all the vegetables and fruits eaten with your meals and snacks every day and then add up your total. Remember to aim for at least 5 A DAY.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 BREAKFAST	1 sliced banana on cereal						
 SNACK	A handful of vegetable sticks						
 LUNCH	A portion of salad						
 SNACK	1 medium apple						
 DINNER	3 tablespoons cooked vegetables						
TOTAL PORTIONS	5						

How did you do this week?

How can you add more?