


WHAT IS A 5 A DAY PORTION FOR CHILDREN?


EATING LOTS OF VEGETABLES AND FRUIT EVERY DAY HELPS TO KEEP OUR BODIES HEALTHY.

A rough guide of what counts towards 5 A DAY for children in primary school.

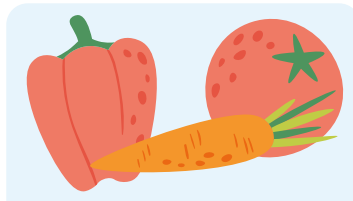


Eating different types of vegetables and fruit provides different vitamins and minerals that help keep our bodies working well - they also help make us feel good!

It's best to eat at least 5 portions of fruit and vegetables a day!



A 5 A DAY portion is roughly what fits into one handful.



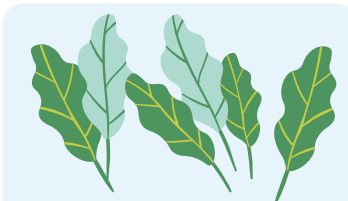
Small or sliced vegetables

1-2 spoonfuls
eg peas, peppers, carrots



Green vegetables

1-2 spoonfuls
eg broccoli, cabbage, spring greens, green beans



Mixed salad

A handful



Cooked pulses

1-2 spoonfuls
eg lentils, chickpeas, baked beans*



1/2 slice large fruit

eg pineapple, melon, mango



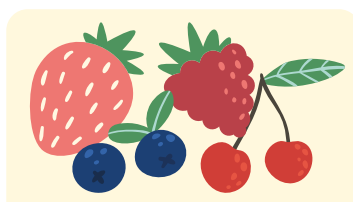
1 medium fruit

eg apples, pears, bananas, peaches



1-2 small fruit

eg satsumas, tangerines, plums, apricots, kiwis



Small fruit & berries

10-15 fruits
eg strawberries, blueberries, grapes



Dried fruit

1/2-1 spoonfuls
eg raisins, sultanas, apricots



Unsweetened fruit or vegetable juice

1 glass (150ml)
(only counts as one of your 5 A DAY at most)



A good way to make sure you're getting lots of different nutrients is to eat different coloured vegetables and fruit - or eat a rainbow!

*(can only count as one of your 5 A DAY, no matter how much you eat)

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