



Just Eat More

Add flavour to a sandwich – throw in some lettuce and sliced tomato.

What counts?

- Fresh, frozen, chilled, canned, 100% juice, and dried fruit and vegetables all count.
- A portion of your 5 A DAY weighs approximately 80 grams, which is roughly a handful.
- Potatoes and other related vegetables such as yams and cassava do not count, because they are classified as starchy foods.
- The fruit and vegetables contained in convenience foods – such as ready meals, pasta sauces, soups and puddings – can contribute to 5 A DAY.
- Convenience foods can also be high in added salt, sugar or fat – which should only be eaten in moderation – so it's important to always check the nutrition information on food labels.

For more 5 A DAY information and tips, visit: nhs.uk/5aday

Just Eat More

For a healthier dessert try tinned peaches in their own juice.



Remember, frozen, canned, 100% juice, plus dried fruit and veg all count as well as fresh produce.



5 A DAY: what's it all about?

- Eating a variety of fruit and vegetables, whether fresh, frozen, canned or dried, can all count towards your 5 A DAY. And, eating 5 A DAY may help to reduce the risk of heart disease, stroke and some cancers.
- Eating a variety of fruit and vegetables will give you plenty of vitamins and minerals. They are also a good source of fibre and other essential nutrients, all of which are important for your health.

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For a healthier snack try dipping veg sticks into a dip.



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Have a glass (150ml) of 100% fresh juice with your lunch.



Are you getting your 5 A DAY?

1. How many portions of fruit* do you eat on a typical day? Portions of fruit
 2. How many portions of vegetables* do you eat on a typical day? Portions of vegetables
- (One portion = approximately 80 grams)
* See overleaf for examples of fruit and veg portion sizes.

Add up the numbers from your answers to questions 1 and 2:

If the total is 5 portions or more, that's great. Remember, you need to eat a variety of fruit and vegetables.

If your total is less than 5 portions, then have a look at the 5 A DAY website for more hints and tips on how you can reach your 5 A DAY: nhs.uk/5aday

Just Eat More

Frozen fruit and veg count towards your 5 A DAY.

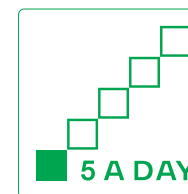


Just Eat More (fruit & veg)

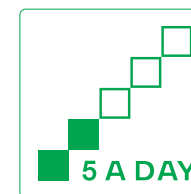
nhs.uk/5aday

Look out for the 5 A DAY portion indicator on food packets

Where you see the portion indicator, it will feature how many portions of fruit or veg are in each serving.



1 portion



2 portions



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Feel like a snack? Reach for an apple instead of chocolate.

Eat a variety of fruit and vegetables, and aim for at least 5 A DAY.

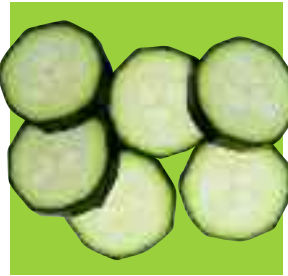
Eat 5 A DAY – what counts as 1 portion?



1 medium apple



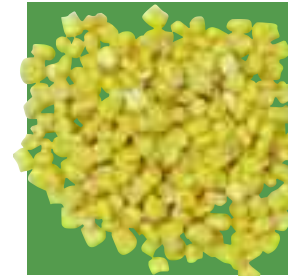
3 celery sticks



1/2 a large courgette



8 cauliflower florets



3 heaped tbsp of
canned sweetcorn



8 Brussels sprouts



12 chunks of pineapple



1 slice (2-inch slice)
of melon



2 kiwi fruit



1/2 an avocado



7 cherry tomatoes



1 medium pear



3 heaped tbsp of
cooked kidney beans



1 medium onion



1 handful of chopped
carrot sticks



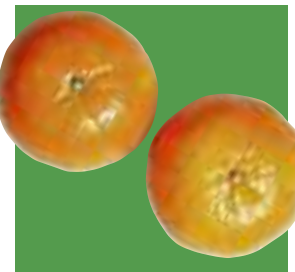
2 broccoli florets



1 handful of
vegetable sticks



3 whole dried apricots



2 small satsumas



16 medium okra



2 medium plums



1 leek



1 medium banana



3 heaped tbsp of
fresh or frozen peas