

## AT LEAST THREE PORTIONS OF VEGETABLES & TWO PORTIONS OF FRUIT DAILY.

ANY COMBINATION OF FRESH – FROZEN – CANNED – DRIED COUNT.

For an adult, one portion is:



16 medium lady's fingers / okra



1 medium pear, apple, orange, banana etc.



1 medium sweet potato



A slice of mango



3 tbsp. peas



3 tbsp. sweetcorn or other  
canned vegetables or fruit in  
water or natural juice



1 tbsp. dried small fruit



A bowl of salad



A handful of strawberries or  
other fresh or frozen berries

Reflect on what you currently eat at each meal time, do you think you can increase your intake? Here are some easy ways to help you on your way to 5-a-day:

### Breakfast:

- Add a tablespoon of dried fruit, a handful of berries or a small sliced banana to breakfast cereals or porridge.
- Make a smoothie by blending together 125ml of soya alternative to milk, a handful of fresh or frozen berries and a small banana.

### Lunch:

- Sandwiches / wraps – can you add a bit of extra salad?
- Wholemeal pitta with crudité's and a dip such as hummous, guacamole or tomato salsa.
- Add fruit to yogurt.

### Dinner:

- Always make sure you serve your meal with cooked vegetables or a bowl of salad.
- Add chopped vegetables to stews and casseroles.
- Try making vegetable soups with leftover vegetables.
- Choose fruit based desserts e.g. baked apple, summer pudding, tinned fruit in natural juice served with soya custard or plain, vanilla or fruit soya alternative to yogurt.

### Snacks:

- Dried or fresh fruit with nuts.
- Toast with peanut butter and a sliced banana.

Taking on board these simple ideas can add up to at least 5-a-day and up to 8-a-day!