

5 a day

Helping you on your way to 5 a day

Make sure 'they' get a *variety* of at least 5 portions of fruit and veg every day

Full of essential vitamins, minerals and fibre that may help reduce the risk of illnesses later in life. Even young kids can eat their 5 a day.

What's a portion?

A portion is roughly what fits in their hand. For adults a portion is roughly 80g (see our quick guide to portion sizes for further info). 5 portions a day means 5 portions of fruit and veg altogether each day, not 5 portions of fruit and 5 portions of veg. And remember you don't have to start with 5 a day – try 2 portions each day for a week and gradually build up.

Quick guide to adult portion sizes

The general 5 a day portion sizes for adults are:

3 heaped tablespoons or

1 handful or

1 whole piece of fruit e.g. medium sized apple, banana, orange

What counts?

Did you know that fresh, frozen, tinned and dried fruit and veg all counts towards 5 a day? If you're buying tinned, stick to fruit in juice and vegetables in plain water.

What doesn't count?

Fruit drinks and juice drinks as these don't have much fruit overall and tend to have added sugars and/or sweeteners.

Jams, chutneys, tomato ketchup – lots of added sugar and/or salt

Potatoes – although a vegetable they don't count towards your 5 a day as they have a lot of starch – still a healthy choice though!

Why 5 a day?

- Helps to reduce the risk of developing heart disease, type 2 diabetes and some cancers
- Helps us maintain a healthy weight
- Fruit and veg are full of fibre which keeps us regular

Remember to **eat a rainbow** - different coloured fruit and veg provide different vitamins and minerals so go for variety

Fay 5 a day

