

How to get your 5-a-day?

Eating at least five portions of varied fruits and vegetables daily is important for overall health. The following counts as 1 portion of your 5-a-day.



Medium to large vegetables

½-1 whole vegetable eg courgette, leek, pepper



Root vegetables

1 whole eg carrot, parsnip, sweet potato



Salad leaves

1 cereal bowl eg lettuce, uncooked spinach



Green leafy vegetables

8 florets or pieces eg broccoli, Brussels sprouts, cauliflower



Small or sliced vegetables

3-4 heaped tablespoons* eg peas, sweetcorn, or sliced cabbage, mushrooms, runner beans



Dried fruit

1 heaped tablespoon* (30g) (only counts as one of your 5-a-day) eg raisins, dried cranberries



Small fruit

2 whole eg kiwi fruits, plums, satsumas



Large fruit

1-2 slices eg mango, melon, pineapple



Cooked pulses (beans and lentils)

3 tablespoons* (only counts as one of your 5-a-day) eg canned chickpeas, lentil



Berries

1-2 handfuls eg blueberries, raspberries



Unsweetened fruit or vegetable juice

1 glass (150ml) (only counts as one of your 5-a-day) eg orange juice, apple juice



Medium fruit

1 whole eg apple, banana, orange, peach, pear