

5 A DAY

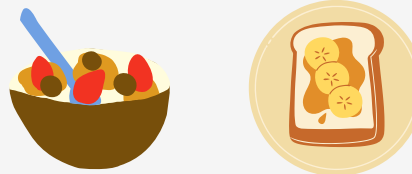


We should aim to have at least 5 portions of a variety of fruit and vegetables a day - but most of us don't achieve this!
Try these simple ideas to increase your intake during the day!

Did you know...

Breakfast

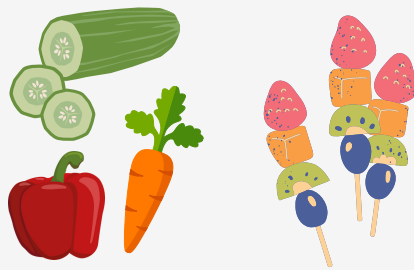
Add fruit to your breakfast cereal or toast



Diets high in fruit and vegetables are linked to a lower risk of diseases like heart disease, stroke and some types of cancer.



Snacks



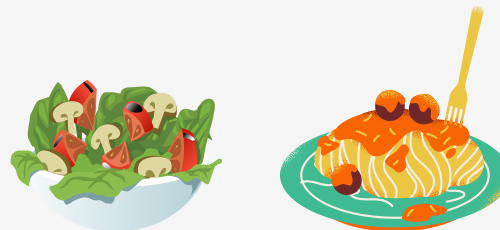
Prepare vegetable sticks or fruit kebabs to have on the go

Fruit and vegetables have a lower environmental impact than some other types of food.



Main meals

Add plenty of vegetables to curries, pasta dishes, stews, stir fries - add a side salad too!



Frozen and canned vegetables tend to be cheaper than fresh, and they still count towards your 5 A DAY - go for canned versions in water or natural juice instead of ones with added sugars/salt or syrups.



Dessert



Have a fruit salad for dessert or add fruit to plain yogurt - it's yummy!

Different fruits & vegetables contain different combinations of important nutrients which is why you need a variety in your diet - so try to eat a range of colours!

