5 A DAY

Just Eat More Fruit & Veg

1 medium apple
1 cereal bowl of mixed salad
2 halves of canned peaches

1 handful of grapes
1 medium banana
3 heaped tablespoons of peas

1 medium glass of orange juice
7 strawberries
3 whole dried apricots

3 heaped tablespoons of cooked kidney beans
16 okra

Just Eat More (fruit & veg)

www.5aday.nhs.uk
Just Eat More
(fruit & veg)
5 A DAY: what's it all about?

Fruit and vegetables are key to a healthier lifestyle. What's more, they taste great and add variety to any meal...

Eating a variety of fruit and vegetables will give you plenty of vitamins and minerals. For example, many are naturally high in folic acid, vitamin C and potassium. Fruit and vegetables are also a good source of fibre and other substances, such as antioxidants. All these nutrients are important for your health.

Fruit and vegetables are generally low fat, low calorie foods. So eating fruit and vegetables instead of foods that are high in fat and added sugars may help you achieve or keep to a healthy weight.

Eating more fruit and vegetables may help reduce the risk of heart disease, stroke and some cancers.

... so many tastes, colours and textures to choose from.
A smoother way to healthy eating
Try making a smoothie by blending together your favourite fruits with fruit juice – a great way to use over-ripe fruit.

Just Eat More
(fruit & veg)
With just a few easy steps you can make it to 5 A DAY

5 A DAY logo and portion indicator
See pages 4 and 5 which may help you make it to 5 A DAY.

Take the test
See page 7 to work out how many portions you are eating.

It really is easier than you think
Find out more on page 9 or try just one of the ideas on page 15.

Just eat more
Try the ideas on pages 15 and 17.

How to maintain eating at least 5 A DAY
See page 17 for tips on how to keep it up.

5 A DAY is great for kids
Try the tips on page 19 to get them into the 5 A DAY habit.
Look out for the 5 A DAY logo

- The advice in this leaflet is based on research from some of the world's leading experts, including the World Health Organisation.

- The Government and the NHS have been working with nutritionists, farmers, the food industry, including manufacturers and retailers, to develop the 5 A DAY logo. Use of the the logo and portion indicator will have to comply with strict nutrition criteria which takes into account portion size, as well as fat, sugar and salt levels.

- You might see the 5 A DAY logo on promotional materials such as leaflets, website information, point of sale materials and carrier bags. You might also see it on food packets. When you see the logo on the packet you can be confident that it gives you at least one portion of fruit and vegetables.

Just Eat More (fruit & veg)
Look out for the 5 A DAY portion indicator in supermarkets and food stores

- On some food packets you may see a 5 A DAY portion indicator. This shows you how many portions of fruit and vegetables a typical serving of the food contains – check the label for a typical serving.

- Each filled in square of the portion indicator represents 1 portion. So for example, if you see a portion indicator like the one below on the left, you will know that 1 serving of the food counts as 1 portion towards your 5 A DAY target. If 2 squares are filled in (below on the right), 1 serving of the food counts as 2 portions.

- The 5 A DAY logo and portion indicator will help you choose a diet with plenty of different fruit and vegetables. But remember that not all foods containing fruit and vegetables will carry the logo or portion indicator. This is because some products may not comply with criteria for use of the logo and portion indicator or because the food manufacturer or retailer has not applied for use.
Add zing to your meals
Vegetables are at their most delicious when they’re lightly cooked to keep their natural crunch. You could try using lemon juice, garlic or spices like ginger for extra flavour?
Take the 5 A DAY test

1. How many portions of fruit* – of any kind – 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: 

Scoring

- Add up the numbers you gave in your answers to questions 1 and 2: 

- If the total is 5 or more, well done. You are probably meeting the 5 A DAY target.

- If the total is less than 5, try some of the ideas in this booklet to increase the amount of fruit and vegetables you eat.

* A portion of fresh, frozen or canned fruit or vegetables is roughly 80 grams (about 3 ounces). Dried fruit counts and a portion is about the same as you would eat if it were fresh – eg 3 apricots, 2 figs. Juice can only count as 1 portion a day, however much you drink.

- Potatoes don’t count towards 5 A DAY.

- Have a look at the front cover of this booklet and on pages 20 and 21 for more examples of 5 A DAY portions.

This page is based on work carried out by Professor Wardle and Professor Steptoe as part of their research.