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)
Why eat more?

Eating more fruit and vegetables may help reduce the risk of the two main killers in this country – **heart disease and some cancers**.

Aim to eat at least 5 portions of a variety of fruit and vegetables a day. Fresh, frozen, chilled, canned, 100% juice and dried fruit and vegetables all count.

A portion is equivalent to 80 grams (about 3 ounces). You can see some examples of portion sizes on the front and back of this card.

The fruit and vegetables contained in convenience foods – such as ready meals, pasta sauces, soups, and puddings – can contribute to 5 A DAY. But convenience foods can also be high in added salt, sugar or fat – which should only be eaten in moderation – so it's important always to check the nutrition information on food labels.

On some food packets you may see this 5 A DAY portion indicator. This means that 1 serving of the food counts as 1 portion towards your 5 A DAY target. If 2 squares are filled in, 1 serving of the food counts as 2 portions.
Are you eating at least 5 A DAY?

1  How many portions of fruit - of any kind - do you eat on a typical day?
   Juice can only count as 1 portion a day, however much you drink.
   Portions of fruit per day: 

2  How many portions of vegetables do you eat on a typical day?
   Potatoes are a starchy food so they don't count towards 5 A DAY.
   Portions of vegetables per day: 

**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 the 5 A DAY booklet to increase the amount of fruit and vegetables you eat.

For more information and a copy of the booklet: 
www.doh.gov.uk/fiveaday

*This section is based on work carried out by Professor Wardle and Professor Stephie as part of their research.*
12 chunks of canned pineapple
7 cherry tomatoes
1 medium pear

2 satsumas
1 tablespoon of raisins
1 handful of vegetable sticks

2 medium plums
2 broccoli florets
half a large courgette

5 A DAY

Just Eat More (fruit & veg)
3 heaped tablespoons of sweetcorn
3 heaped tablespoons of carrots