5 A DAY: what’s it all about?

- Eating a variety of fruit and vegetables, whether fresh, frozen, canned or dried, can all count towards your 5 A DAY. And, eating 5 A DAY may help to reduce the risk of heart disease, stroke and some cancers.

- Eating a variety of fruit and vegetables will give you plenty of vitamins and minerals. They are also a good source of fibre and other essential nutrients, all of which are important for your health.

What counts?

- Fresh, frozen, chilled, canned, 100% juice, and dried fruit and vegetables all count.
- A portion of your 5 A DAY weighs approximately 80 grams, which is roughly a handful.
- Potatoes and other related vegetables such as yams and cassava do not count, because they are classified as starchy foods.
- The fruit and vegetables contained in convenience foods — such as ready meals, pasta sauces, soups and puddings — can contribute to 5 A DAY.
- Convenience foods can also be high in added salt, sugar or fat — which should only be eaten in moderation — so it’s important to always check the nutrition information on food labels.

Just Eat More

- For a healthier snack try dipping veg sticks into a dip.
- Have a glass (150ml) of 100% fresh juice with your lunch.

Just Eat More

For a healthier dessert try tinned peaches in their own juice.

Remember, frozen, canned, 100% juice, plus dried fruit and veg all count as well as fresh produce.

Are you getting your 5 A DAY?

1. How many portions of fruit* 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

(One portion = approximately 80 grams)

* See overleaf for examples of fruit and veg portion sizes.

Add up the numbers from your answers to questions 1 and 2:

If the total is 5 portions or more, that's great. Remember, you need to eat a variety of fruit and vegetables.

If your total is less than 5 portions, then have a look at the 5 A DAY website for more hints and tips on how you can reach your 5 A DAY: nhs.uk/5aday

Look out for the 5 A DAY portion indicator on food packets

Where you see the portion indicator, it will feature how many portions of fruit or veg are in each serving.

Just Eat More

Feel like a snack? Reach for an apple instead of chocolate.

Eat a variety of fruit and vegetables, and aim for at least 5 A DAY.
Eat 5 A DAY – what counts as 1 portion?

1 medium apple
3 celery sticks
½ a large courgette
8 cauliflower florets
3 heaped tbsp of canned sweetcorn
8 Brussels sprouts
12 chunks of pineapple
1 slice (2-inch slice) of melon
2 kiwi fruit
½ an avocado
7 cherry tomatoes
1 medium pear
3 heaped tbsp of cooked kidney beans
1 medium onion
1 handful of chopped carrot sticks
2 broccoli florets
1 handful of vegetable sticks
3 whole dried apricots
2 small satsumas
16 medium okra
2 medium plums
1 leek
1 medium banana
3 heaped tbsp of fresh or frozen peas

nhs.uk/5aday