

Top Tips for Fruit and Vegetables

 Top breakfast cereal with dried or fresh fruit.



 Keep sticks of carrots, peppers and celery in the fridge as a snack.



 Add salad to sandwiches.



 Make delicious smoothies for breakfast.



 Keep frozen vegetables in the freezer to add to stews and casseroles.



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Fruit and Vegetables



5 Reasons to get your 5-7 a Day!

Packed with vitamins,

 minerals and fibre.





Low in fat.



Help you keep a healthy weight.



Help reduce risk of heart disease and cancer.





Taste delicious!



1 small glass of juice (150ml).



1 handful: berries/ grapes.



1 medium fruit: apple/pear/ orange/ banana.

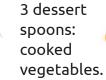


1 cereal sized bowl of vegetable soup/salad.



2 small fruit: kiwi/ plums.







Types

Fruit and vegetables come in all shapes and sizes. We don't just have to stick to the fresh variety!

Fresh



Tinned



Dried



Frozen







Juicy Stuff



- Fruit juice must be 100% juice.
- Fruit juice counts as <u>one</u> portion of fruit.
- Try not to have more than one glass per day.
- Fruit juice contains natural sugar so it should only be taken with meals to protect your teeth.