

## 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.



# Fruit and Vegetables



Get Your  
**5-7 a Day**  
The  
Healthy  
Way!

## 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! ✓



## Portion Size

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.



3 dessert spoons: cooked vegetables.



## 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



Juiced



## Juicy Stuff

1 PORTION

- Fruit juice must be 100% juice.
- Fruit juice counts as one 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.