



Eat 5 A Day

Fruit & Veg Portions

Eating at least 5 portions of fruit and vegetables a day provides the body with vitamins, minerals and fibre.

Vitamins are essential for growth and repair, with vitamins A, C and E helping to protect against cancer and heart disease.

Fibre aids digestion by adding bulk to the diet and preventing constipation. Fruit and vegetables should make around 1/3 of a healthy diet.

Reaching your **5 A Day** target is actually easier than you may think. If you eat one or two portions of vegetables with each meal and have the occasional fruit snack, you'll be surprised at how easy it is to reach the target.

Tips for eating 5 A Day

- Think about how you can fit in a piece of fruit or vegetables to almost every meal or snack. Every meal or snack time should be used as an opportunity to reach your **5 A Day** target.
- Don't forget that raw, cooked, canned and frozen vegetables, frozen and dried fruit and fruit canned in natural fruit juice all count towards your **5 A Day**. 100% pure fruit juice and smoothies also count. The recommendation is 150ml portion per day as fruit juice is high in sugar.
- Keep your diet interesting by eating a variety of fruit and vegetables. Eating a wide range of fruit and vegetables also helps to ensure that the body receives all the nutrients it needs to stay healthy.





Vegetables don't have to be eaten on their own to count.
You can still eat your favourite meals and reach your **5 A Day** target.

Tips for eating more vegetables

- A handful of peppers, mushrooms, onions or pineapple on your pizza topping count as one portion.
- Add frozen or fresh vegetables into pasta dishes, soup or stir fries.
- Instead of crisps buy some celery, cucumber, peppers or carrots. Chop into sticks and dip into guacamole or salsa.
- When making your lunchtime sandwiches add lettuce, tomatoes, cucumber or grated carrots.
- Try to have two different types of vegetable with an evening meal but remember although potatoes are nutritious they don't count as a part of your **5 A Day** target.

Fruit is easy to eat at any time of the day
and will add a natural sweetness to your food.

Tips for eating more fruit

- Have some tinned fruit in natural juice for a pudding.
- Try putting chopped fruit on cereal for breakfast.
- Put overripe fruit in a blender and turn it into a delicious smoothie.
- Stir some fresh fruit into a bowl of yoghurt for a sweet dessert or breakfast.
- Drink a glass of 100% pure fruit juice with one of your meals.

Children should also eat **5 A Day** but in smaller portions. This will
set up good eating habits which will help protect their health in later life.

Tips for children to reach their 5 A Day

- Hiding chopped vegetables in sauces like Bolognese or casseroles.
- Eat fruit and vegetables yourself so they can see that it tastes good, if they see you eating it they will be more inclined to as well.
- Try to make it easy for children to eat fruit and vegetables by chopping it up into handy bite sizes.
- Try to include fruit pieces or small salad items, such as cherry tomatoes, cucumber, celery or carrots in their lunch boxes.
- If you are shopping with children let them choose their own fruit and vegetables in the supermarket.

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in Guernsey, and Strategic Public Health in Jersey.
For more information on healthy eating, you can
visit www.nhs.uk/livewell/healthy-eating

www.channelislands.coop/food/healthy-habits

