

5 A Day

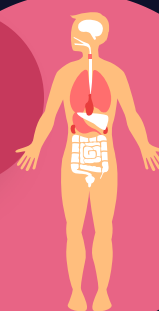
What does 5 A Day mean?



It simply means that we should aim for at least 5 portions of fruits and vegetables each day. This may sound like a lot if you are not a fruit and vegetable lover but you may already be closer to achieving this than you think!

Why do I need 5 A Day?

Eating 5 portions of fruit and vegetables each day helps to keep our bodies nourished with essential vitamins, minerals and fibre.



What counts?

80g of fresh, canned or frozen fruit and vegetables



150ml of fruit juice, vegetable juice or smoothie



Try not to drink more than 150ml a day

80g of beans and pulses



30g of dried fruit



Remember these only count once as part of your 5 A Day, no matter how many you eat!