



12 chunks of
canned pineapple



7 cherry tomatoes



1 medium pear



1 medium apple



1 cereal bowl of
mixed salad



2 halves of canned
peaches



2 satsumas



1 tablespoon of
raisins



1 handful of
vegetable sticks



1 handful of grapes



1 medium banana



3 heaped
tablespoons of peas



2 medium plums



2 broccoli florets



half a large
courgette



1 medium glass of
orange juice



7 strawberries



3 whole dried
apricots



Just Eat More
(fruit & veg)

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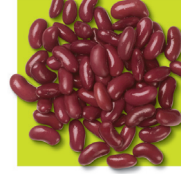
3 heaped
tablespoons of
sweetcorn



3 heaped
tablespoons of
carrots



Just Eat More
(fruit & veg)



3 heaped
tablespoons of
cooked kidney beans



16 okra

Why eat more?

Eating more fruit and vegetables may help reduce the risk of the two main killers in this country – **heart disease and some cancers**.

Aim to eat at least 5 portions of a variety of fruit and vegetables a day. Fresh, frozen, chilled, canned, 100% juice and dried fruit and vegetables all count.

A portion is equivalent to 80 grams (about 3 ounces). You can see some examples of portion sizes on the front and back of this card.

The fruit and vegetables contained in convenience foods – such as ready meals, pasta sauces, soups, and puddings – can contribute to 5 A DAY. But convenience foods can also be high in added salt, sugar or fat – which should only be eaten in moderation - so it's important always to check the nutrition information on food labels.



1 portion

On some food packets you may see this 5 A DAY portion indicator. This means that 1 serving of the food counts as 1 portion towards your 5 A DAY target. If 2 squares are filled in, 1 serving of the food counts as 2 portions.

Are you eating at least 5 A DAY?

1 How many portions of fruit - of any kind - do you eat on a typical day?

Juice can only count as 1 portion a day, however much you drink.

Portions of fruit per day:

2 How many portions of vegetables do you eat on a typical day?

Potatoes are a starchy food so they don't count towards 5 A DAY.

Portions of vegetables per day:

Scoring

Add up the numbers you gave in your answers to questions 1 and 2:

If the total is **5 or more** – Well done. You are probably meeting the 5 A DAY target. If the total is **less than 5** – Try some of the ideas in the 5 A DAY booklet to increase the amount of fruit and vegetables you eat.

For more information and a copy of the booklet:
www.doh.gov.uk/fiveaday

This section is based on work carried out by Professor Wardle and Professor Steptoe as part of their research.