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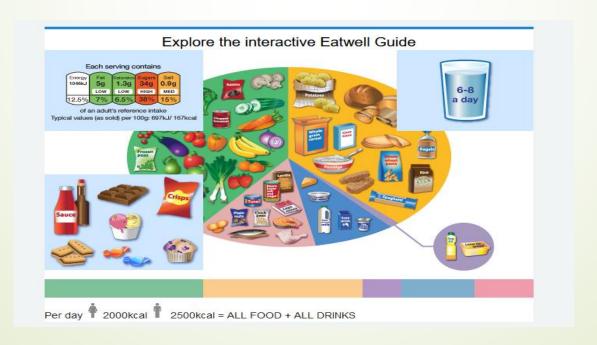
Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best.

This means eating a wide variety of foods in the right proportion is really important

Consuming the right amount of food and drink is important to achieve and maintain a healthy body weight.



After extensive research, scientists have recommended a guideline for consuming a daily portion of 5 a day fruit and vegetables, where an adults portion of fruit and vegetables is regarded as 80g.





Most of us still are not eating enough fruit and vegetables. They should make up over a third of the food we eat each day.

Aim to eat at least <u>5 portions</u> of a variety of fruit and veg each day. Choose from fresh, frozen, tinned, dried or juiced.

Fruit and vegetables are a good source of vitamins, minerals and fibre.



Your recommended FIVE A DAY?

- •Frozen fruit and vegetables
- •Tinned or canned fruit and vegetables. Buy ones tinned in natural juice or water
- •with no added sugar or salt
- •Fruit and vegetables cooked in dishes such as soups, stews or pasta
- •A 30g portion of dried fruit, such as currants, dates, sultanas and figs, counts as 1 of your 5 A Day, but should be eaten at mealtimes, not as a between-meal snack, to reduce the impact on teeth.



Your recommended FIVE A DAY?

Fruit and vegetables in convenience foods, such as ready meals and shop-bought pasta sauces, soups and puddings.

Some ready-made foods are high in <u>salt</u>, <u>sugar</u> and <u>fat</u>, so only have them occasionally or in small amounts.

You can find the salt, sugar and fat content of ready-made foods on the label.



5 A DAY Frequently asked questions

Does the fruit and veg have to be fresh?

A: No. Fresh, frozen, canned, dried and juiced fruit and vegetables all count towards your 5 portions.

Aim for at least 5 portions (a total of 400g) of a variety of fruit and vegetables each day.

Dried fruit and fruit or vegetable juices and smoothies can cause tooth decay, so should only be eaten or drunk as part of a meal and not as a between-meal snack.



5 A DAY Frequently asked questions

How much is 1 portion of fruit for adults?

A: A portion of fruit is approximately 80g, which could be half a large grapefruit, a 5cm slice of melon, or 2 satsumas.

A portion of dried fruit is around 30g: this is the equivalent of 80g of fresh fruit. One 30g portion could be 3 dried apricots or 1 tablespoon of raisins.

A 150ml glass of unsweetened 100% fruit or vegetable juice or smoothie combined counts as 1 of your 5 A Day. Portion sizes are different for children and depend on their age and size. As a rough guide, 1 portion is the amount that fits into the palm of their hand.



5 A DAY Frequently asked questions

How much is 1 portion of vegetables for adults?

A portion of vegetables for adults is approximately 80g. This could be 3 heaped tablespoons of cooked carrots, peas or sweetcorn, or 1 cereal bowl of mixed salad.

Children require different portion sizes, but as a rough guide 1 serving is the amount that fits into the palm of their hand.

Three heaped tablespoons of beans and other pulse vegetables, such as kidney beans, lentils and chickpeas, count as 1 portion.

Beans and pulses count as a maximum of 1 portion a day, however much you eat.





For further information, or queries please email

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