



BCHWF

Eating Healthy



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Eating Healthy



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.

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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.



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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 5 portions 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.

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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.

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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 salt, sugar and fat, 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.

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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.

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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.

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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.

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For further information, or queries please email

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