

HAVE 5 A DAY

The Challenge

Have at least five portions of fruit and vegetables every day – choose a variety!

Why is it important to have 5 A DAY?

- Fruit and vegetables provide a range of different vitamins, minerals and phytochemicals (e.g. polyphenols) needed for good health, as well as fibre which is important for the digestive system.
- It is important to eat a wide variety of fruit and vegetables, as each type provides different amounts and combinations of nutrients.
- Eating at least five portions of a variety of fruit and vegetables a day can help reduce the risk of developing chronic health problems, such as heart disease, stroke and some cancers.

What counts towards 5 A DAY?

	What counts as one portion?	Details
Fresh, frozen or canned fruit and vegetables	80g	An 80g portion is approximately: <ul style="list-style-type: none"> • one medium sized piece of fruit such as a banana, apple, pear, orange or nectarine; • two or more small fruit such as plums, satsumas, kiwi fruit or apricots; • a large handful of berries, cherries or grapes; • one dessert bowl of salad; • three heaped tablespoons of vegetables. Potatoes do not count as they are considered a starchy carbohydrate food.
Dried fruit	30g	A 30g portion counts as one portion of 5 A DAY, but should be eaten at mealtimes, not as a between-meal snack, to reduce the impact on teeth.
100% fruit/vegetable juices and smoothies	150ml (counts only once)	150ml counts as a maximum of one portion per day, and consumption should be limited to no more than a combined total of 150ml per day. This is because when fruit and vegetables are juiced or blended, sugars are released which can cause damage to teeth.
Beans and pulses	80g (counts only once)	Beans and pulses count as a maximum of one portion per day even if more than one portion is eaten. This is because they do not provide the same mixture of vitamins, minerals and other nutrients as fruit and vegetables.

Fruit and vegetables found within composite dishes also count (e.g. within casseroles, soups and pasta dishes).



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The Super Challenge

Aim to have at least 25 different fruit and vegetables during a week and try not to have the same fruit or vegetable more than once!