

# Fruit and vegetables

We should try to eat **at least 5 portions** of a **variety** of fruit and vegetables every day.

- Fruit and vegetables should make up just **over a third** of what we eat.
- They provide a wide range of **vitamins** and **minerals**, and **fibre**.
- Eating fruit and vegetables can help with weight management - you can **eat plenty** to help you feel fuller!
- Choose a **variety** of coloured fruit and vegetables as they contain different combinations of important nutrients our bodies need to stay healthy.



## What counts?

## Portion sizes

Fresh, frozen or canned fruit and vegetables	80g
Dried fruit	30g
Unsweetened 100% fruit or vegetable juice or smoothie	150ml

**Think Variety!** Melon, papaya, spinach, guava, okra, Pak choi, peppers, squash, ackee, apricots, turnips, dates, cabbage, pumpkin, kumquat, pears, apples.

## Why eat these foods?

Fruit and vegetables give us:

- ✓ **Fibre** – helps to maintain a healthy gut.
- ✓ **Folate** – important for normal and healthy blood formation.
- ✓ **Vitamin C** – helps the immune system to work as it should.
- ✓ **Vitamin A** – important for maintenance of normal vision and skin.
- ✓ **Potassium** – helps to maintain a healthy blood pressure.

**Note:** 150ml unsweetened 100% fruit or vegetable juices and smoothies only counts as one of your 5 A DAY.

## TOP TIPS

**Canned** and **frozen** fruit and vegetables with no added sugar or salt – can last longer and be cheaper!

Try looking for fruit and vegetables at your **local market** or in the **world foods section** of your supermarket. You may find a greater **variety!**

Choose **fresh** fruit and vegetables to support your local farmers, where possible.

Try **grating** carrots or courgettes into your meals to add **flavour** and **texture**.

## Meal Ideas for Fruit and Vegetables

### Breakfast

Add fruit or vegetables to your porridge, toast or poha.

### Lunch

Try adding lettuce, watercress, cucumber, tomato, radish and/or sweetcorn to your sandwich.

Choose soup with more vegetables.

### Dinner

Add extra vegetables to your meals, such as: Pak choi to a stir fry, frozen peas to a fish pie, spinach to a curry or stew, and peppers to a chilli.