



Did you know that you should have a variety of at least 5 portions of fruit and veg a day?

Try these simple ideas to have more fruit and veg during the day!



Snack on fruit and veg

Top Tips!

Try different fruit and veg for variety

Take fruit or veg with you when you're on the go

Plan your snacks to help you reach your 5 A DAY



Add plenty of veg to meals

Top Tips!

Have at least two portions of veg with your meal

Use fresh, frozen or canned veg

Add extra veg to your sauces, soups and curries



Go for a fruit-based dessert

Top Tips!

Try a fruit salad with low-fat plain yogurt

Go for a baked apple or grilled pineapple sprinkled with cinnamon

Add plenty of fruit to your dessert

Eat well for you and the planet!

Fruit and vegetables provide us with vitamins, minerals and fibre, and have a lower environmental impact than some other types of food.