



Are You Getting Your 5 A DAY?

Fruit and Vegetables are a good source of vitamins and minerals; many are naturally high in vitamin C, folic acid and potassium. They are also high in fibre and antioxidants. Children and adults should vary the types of fruit and vegetables they eat for maximum benefit and should have a balanced amount of each. This is because fruit and vegetables provide different health benefits and fruit contains a higher level of sugar.

It is recommended that we eat at least five portions of fruit and vegetables each day as part of a healthy diet.

Fresh, frozen, canned, chilled, 100% juice and dried fruit and vegetables all count towards your 5 A DAY.

An adult portion of fruit or vegetables is 80 grams. This is equivalent to:

1 apple, 1 banana, 1 pear, 1 orange, 1 slice of melon, 2 satsumas, 2 plums or 7 strawberries

A handful of grapes, berries or raw vegetable sticks, 1 tablespoon of dried fruit (30g)

½ a can of tinned fruit, 3 heaped tablespoons of cooked vegetables, 2 broccoli florets

1 large dessert bowl of salad, 3 tablespoons of pulses (peas/beans/lentils)

1 glass (150ml) of 100% fruit juice, 1 smoothie (may count as up to 2 portions)

Potatoes, yams and cassavas do not count, as they are a 'starchy' food.



Children should also eat at least five portions of a variety of fruit and vegetables a day. The amount of food a child needs varies with age, body size and physical activity. As a rough guide, one child-size portion is the amount they can fit in the palm of their hand.

For children aged one to three

Approx: ¼ to ⅓ of the adult quantities

For children aged three to six

Approx: ½ of the adult quantities

For children aged six to ten

Approx: ½ to 1 portion of the adult quantities

By the age of 10 they can be eating a full sized portion.



For more information please go to the NHS Choices website at:

www.nhs.uk/5aday