

Healthy Eating:

5 Portions of Fruit and Vegetables per day

Why 5 A Day?

Fruit and vegetables are a great source of vitamins, minerals and fibre, and are an important part of a healthy, balanced diet. Eating plenty of fruit and veg helps keep us healthy, and may reduce the risk of disease and some cancers.

There are lots of varieties of fruit and vegetables to choose from. Even if you are a picky eater, you're bound to find something tasty that you will like!

What counts as 5 A Day?

For children, the amount you should eat depends on your size and age. As a rough guide, one portion is the amount they can fit in the palm of their hand. For an average 8 year old, a portion is about 50g fruit:

- One regular slice of fruit like melon or pineapple
- One small apple, banana or pear
- One satsuma or 2 plums
- 4 strawberries or 10 raspberries
- One handful of grapes (about 10)

Or 20g dried fruit:

- One tablespoon of dried fruit, such as raisins, cherries or dates

Or 50g of vegetables:

- Two rounded tablespoons of peas, beans, sweet potato or pulses
- Two rounded tablespoons of veggies like sliced carrots, mixed vegetables or corn
- Two heaped tablespoons of cooked green veggies like cabbage and spring greens
- Two spears of broccoli or one medium tomato
- Half a dessert bowl of salad greens