



Fyffes 5-a-day



It is widely recommended that we eat at least 5 portions of fruit and vegetables each day, but what counts as a portion?

One portion of fruit is roughly equivalent to:

- One large fruit such as an apple, pear, banana, orange, or a large slice of melon
- Two smaller fruits such as plums, kiwis, satsumas or clementines
- One cup of small fruits such as grapes, strawberries, raspberries, cherries, etc
- Two large tablespoons of fruit salad, stewed or canned fruit.
- One glass of fresh fruit juice (150 ml)
- One dessert bowl of salad

Here are some tips on how to increase the amount of fruit in your diet:

- Try some different types which you haven't tried before. The variety of tastes and textures may be surprising (juices, frozen, canned, and dried varieties all count)
- Try adding chopped bananas, apples, or other fruits to breakfast cereals
- Try using fruit as an alternative to desserts
- Fruit is great for snacks, so encourage children to snack on fruit rather than sweets

Get 5-a-day the easy way

There are plenty of ways to add more fruit and vegetables to your everyday eating habits.

Here are some ideas to get you started:

1. At breakfast add fruit to cereal, porridge or lower-fat yoghurt. Try a handful of berries or a chopped banana, or try adding mushrooms or tomatoes to scrambled eggs.

2. Frozen fruit and veg count towards your 5-a-day.

3. Canned fruit and veg count too! It's healthier to choose fruit canned in juice rather than sugary syrup and veg canned in water without added salt or sugar.
4. Add some crunch to your sandwiches with lettuce, tomatoes, cucumber or grated carrots.
5. Swap sugary snacks (such as biscuits) for a piece of fruit.
6. Make a quick smoothie in a blender using your favourite fresh or frozen fruits.