



## Top tips to get your five a day



### 1 Breakfast

- Have a glass of 100% pure, unsweetened fruit juice
- Slice fresh fruit like apple or strawberries over your cereal
- If your breakfast is cooked, add mushrooms and tomatoes
- Make a smoothie by blending your favourite fruits with fruit juice or low fat yoghurt
- Add dried fruit such as apricots or raisins to your cereal
- Just grab a piece of fruit as you leave the house

### 2 Lunch

- Add some extra crunch to your sandwiches with mixed leaves, tomatoes, peppers, cucumber or grated carrots
- Take an extra serving of vegetables or a side salad
- Make your own vegetable soup in colder weather
- Mix your favourite vegetables with pasta or rice – tasty and filling!
- Enjoy a piece of fruit with your lunch

### 3 Dinner

- Include at least two types of veg with your evening meal – peas and sweetcorn, especially frozen, don't take long to cook!
- Try adding canned tomatoes to a casserole or curry and grated carrot to bolognese or stew
- Throw in extra vegetables to sauces, bakes, curries and stir fries
- Add a side salad to dishes like pasta, kebabs or jacket potato

### 4 Dessert

- Make a fresh fruit salad with a mix of your favourite fruit
- Try tinned fruit in their own juice for a quick and easy dessert
- Make fruit kebabs by threading chunks of fruit onto wooden skewers – eat them raw or warm under the grill
- Give jelly extra bite by adding fresh or canned fruit
- Mix berries with low fat yoghurt for an easy tasty treat

### 5 Snacks

- Keep a well-stocked fruit bowl at home and at work
- Cut carrots, celery and peppers into sticks and crunch them on their own or with a healthy dip
- Have individual portions of dried fruit and grapes in your bag for a snack on the go

### 6 Eating out

- Request a side order of vegetables or fresh salad
- Add extra vegetables like mushrooms or pineapple to pizza or ask for stir-fried vegetables at the Chinese
- Choose dishes that come in a tomato or vegetable-based sauce
- Order a fresh fruit salad or other fruit-based pudding for dessert



For more information and advice about healthy eating, check out [bhf.org.uk/eatingwell](https://www.bhf.org.uk/eatingwell)