

Getting your five a day

There are five ways to get your five a day – the fruit or veg can be fresh, frozen, dried, juiced or tinned (in juice or water).

Remember though:

- Juice only counts as **one** portion a day
- Potatoes, yam and plantain **don't** count towards your five a day – they are starchy foods
- Pulses like kidney beans, chick peas and haricot beans can be included – but **only as one** portion a day, however much you eat
- The fruit and veg in sauces, soups, puddings and yoghurts **can count** towards your five a day – but watch the salt and saturated fat in these foods

How much is a portion?

An adult portion is 80g (about 3oz) of fresh, frozen or tinned fruit or vegetables. It's 30g if it's dried or 150ml if you're having juice. Examples of what one portion looks like are shown over the next few pages, but a good guide is that a portion is about a handful. The handful measurement works well for children too and means that as they grow, their portion size will grow too.



AS A GUIDE
A HANDFUL = ONE PORTION

Fresh fruit

Small fruit

1 portion = 2 fruit

For example:

2 plums, satsumas, kiwi fruit	8 strawberries	12 grapes	14 cherries
			

Medium fruit

1 portion = 1 fruit

For example:

1 apple	1 pear	1 banana	1 nectarine or peach
			

Large fruit

1 portion = 1 slice

For example:

1 slice of melon	1 slice of papaya	2 slices of mango	½ a grapefruit
			

Greens

1 portion = 4 heaped tablespoons

For example:

4 heaped tablespoons of cabbage	4 heaped tablespoons of spring greens	4 heaped tablespoons of green beans	4 heaped tablespoons of spinach
			

Cooked vegetables

3 heaped tablespoons of carrots, peas or sweetcorn	4 broccoli florets	6 cauliflower florets
		
16 medium okra	4 heaped tablespoons of beansprouts	3-4 heaped tablespoons of mushrooms
		

Salad vegetables

1 medium tomato	½ an avocado	2-inch piece of cucumber
		
3 sticks of celery	1 handful of vegetable sticks	1 cereal bowl of mixed salad leaves
		

Dried fruit

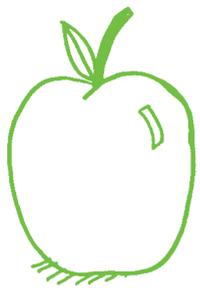
1 tablespoon of raisins, currants, sultanas or mixed fruit	2 dried figs	3 dried prunes	3 dried apricots
			

Tinned or frozen fruit and vegetables

1 portion = roughly the same quantity as a fresh portion

For example:

2 pear or peach halves	3 heaped tablespoons of carrots, peas, sweetcorn or mixed veg	2 heaped tablespoons of frozen berries
		
3 heaped tablespoons of fruit salad	8 segments of tinned grapefruit	12 chunks of canned pineapple or two pineapple rings
		



THIS IS AN APPLE.
IT'S YOUR FRIEND
NOT YOUR ENEMY

Pulses and beans

These only count as one portion a day

3 heaped tablespoons of baked beans, haricot beans, kidney beans, cannellini beans, butter beans, black eyes beans, broadbeans, lentils or chick peas



Juices

These only count as one portion a day

A glass (150ml) of:

- Fruit or vegetable juice (100% pure, unsweetened)
- Smoothie (can be counted as 2 portions if it contains 80g of fruit and 150mls of fruit juice)



Sign up to our free *Heart Matters* service and you can use our online portion finder to see what makes up a portion of other fruit and veg: bhf.org.uk/heartmatters

You can also download a copy of our *5 a Day Food Diary* (code Z158) from bhf.org.uk/publications to track your five a day intake.

Graham's story



“ I started eating better after I found out I had high blood pressure. I'm eating lots more fruit now – I have a banana on cereal instead of sugar and snack on grapes, oranges and raspberries in the evening instead of biscuits.

We've started shopping weekly instead of monthly so we can buy fresh fruit every week. We buy small amounts of different types of fruit so we always have lots to choose from – you don't get bored that way! ”

*Small changes
Make a big difference.*

Graham Hughes, 50, Staffordshire

We know it can sometimes feel tough to reach your five a day. Check out our tips and tricks to help you overcome some of the common challenges:

Fruit and vegetables are too expensive

- Fresh fruit and vegetables are usually cheaper when they're in season
- Buy loose fruit and veg rather than pre-packed so you just buy what you need
- Local markets are often cheaper than supermarkets for fruit and vegetables
- Opt for the supermarket's own-brand tinned, dried and frozen fruit and vegetables – including pulses and beans – to keep costs down

I've got no time to shop for fresh fruit and veg

- Stock up on tinned and frozen fruit and vegetables so you always have them ready to use
- Choose tinned varieties that have no added salt or sugar
- Dried fruit also keeps well and you can eat it as a snack or add to cereal and other recipes

My family don't like the taste of fruit and veg

- Set them the challenge of trying one new fruit or vegetable a week until you find some they enjoy
- Try adding veg like grated carrot, chopped peppers or sweetcorn to your meals such as stir fries, stews and even pizzas
- You can puree vegetables to really disguise them – this also works as a good thickener for sauces and soups
- Mashing vegetables such as swede, parsnips and carrots with potatoes is another option
- Cutting fruit and vegetables into easy-to-eat chunks and sticks often makes them more appealing than a whole piece

I take vitamins pills so don't need to worry

- Taking dietary supplements doesn't seem to have the same health benefits as eating fruit and vegetables
- Fruit and vegetables contain fibre, vitamin and minerals

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



ANYTIME
IS A GOOD TIME
TO GET FIVE A DAY