

# Fruit and vegetables



- *These should make up approximately one third of your total daily food intake. Aim for at least 5-A-DAY!*
- *Try to include some at every meal and also for snacks.*
- *Choose a wide variety of fruits and vegetables as they all have different proportions of vitamins and minerals that help to keep us healthy.*

## What counts?

## What is a portion? 80 g equivalent to:

Fruit (fresh, tinned, frozen, dried)	2 small fruits e.g. kiwi, satsuma, plums 1 medium fruit e.g. banana, apple, pear handful of cherries, berries or grapes 1 slice of a large fruit e.g. melon
Vegetables (fresh, frozen, tinned)	3 heaped tablespoons
Salad	1 dessert bowl
100% fruit or vegetable juice	150 ml (counts once only)
Smoothies made with 100% fruit or vegetable juice	at least 80g of pulped fruit and/or vegetables and 150ml juice can count as more than one portion
Beans and pulses	3 heaped tablespoons (counts once only)

Add vegetables to stews, curries, soups and pasta dishes.

Try a new fruit or vegetable each week to increase variety.

Have a side salad with your main meal and fruit for dessert.



Look for fruits and vegetables in season, they are often cheaper and can taste great.



Add fresh, canned or dried fruits to breakfast cereals or porridge.

## Why eat these foods?

Different fruit and vegetables contain:

- ✓ **Vitamin C** - important for maintaining healthy body tissues
- ✓ **Vitamin A** - for maintenance of normal vision, skin and the immune system
- ✓ **Folate** - needed for the formation of healthy red blood cells and for the nervous system.
- ✓ **Fibre** – helps to maintaining a healthy gut
- ✓ **Potassium** - helps maintain a healthy blood pressure and is also involved in the normal functioning of the nervous system
- ✓ **Magnesium** – helps maintain normal bones and teeth

**Top Tip:** If you don't like chopped vegetables try grating carrots or courgettes into your food to add flavour and texture or make a tomato sauce with added vegetables and blend.

**Top Tip:** Have a glass of fruit juice with your cereal to help absorb the iron.



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This resource is designed for consumers who want to find out more about healthy eating. For more information on the sources used in this text, please contact [postbox@nutrition.org.uk](mailto:postbox@nutrition.org.uk)  
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