

Five things to know about 5 a day!

what is a portion?

Generally, a portion of fruit or vegetables is 80g but the easiest way to remember and measure it out is one handful equals a portion.

This applies to fresh, frozen and canned.

There are a few exceptions though. Dried fruits and vegetables are different. One portion is 30g which could be a couple of dried apricots or a tablespoon of raisins.

Also you have to have a cereal bowlful of salad for it to count as one portion

what counts?

Lots of things count towards your 5 a day.

Any fresh, frozen, dried, canned or juiced fruits and vegetables count towards your 5 a day. You can also have a smoothie!

why not potatoes?

Potato and cassava are the only vegetables that doesn't count towards your 5 a day.

It's because they give us more energy than vitamins and minerals. All other root vegetables like swede, parsnips and turnip do count

what about juice?

A 150ml glass of fruit juice can count towards one portion of your 5 a day each day. If you drink more than one glass each day, it still only counts as one portion. We need to eat the other four handfuls to reach our 5 a day

what are the benefits?

There are many benefits to eating 5 a day

- Fruit and vegetables are part of a balanced diet and can help us stay healthy.

- They are also usually low in fat and calories

- They're a good source of vitamins and minerals, including folate, vitamin C and potassium.

- They're an excellent source of fibre, which helps maintain a healthy gut and prevent constipation and other digestion problems.

- They can help reduce the risk of heart disease, stroke and some cancers