



Strive for !



As well as looking and tasting great, fruits and vegetables are packed with essential vitamins and minerals, phytochemicals (biologically active plant compounds) and fibre that are vital for good health.

Many of these nutrients also act as powerful antioxidants, protecting the body from harmful pollutants that can cause disease.

Getting children into the habit of eating a wide variety of fruit and vegetables could help maintain this healthy behaviour into early adulthood and beyond.

Eat a rainbow!

Different colours of fruits and vegetables contain different types of nutrients. By eating lots of different colours of fruits and vegetables we give ourselves the best variety of nutrients for good health.

Fruit juice and smoothies

Fresh, unsweetened fruit juices provide the body with vitamins and minerals, and water. Smoothies can also add fibre. However, the sugar naturally present in fruit juices/smoothies also adds energy to the diet and increases the risk of tooth decay.



- Stick to **ONE 150ml glass** per day
- Drink **only** at mealtimes
- Use a **straw** to avoid **direct contact** with **children's teeth**
- Brush **teeth twice a day** with a **fluoride toothpaste**



Dried Fruit

Dried fruit can be high in sugar and bad for your teeth. To reduce the risk of tooth decay, dried fruit is best enjoyed as part of a meal – with a dessert, for example, not as a between meal snack.

Further information:

- www.nhs.uk/change4life/food-facts/five-a-day
- www.bda.uk.com/foodfacts/fruit_vegetables__how_get_five-a-day

Strive for



5-a-day ways

- Healthy snacks. Spread your 5-a-day across the day
- Keep costs low: use seasonal produce, or tinned /frozen
- Colour and variety is key – Eat A Rainbow!

What is a portion?



An adults portion is 80g. 80g may be too big for your child, so use their cupped hand as a guide! One handful = one portion

- One whole fruit eg. apple, pear
- Two small fruit eg. plums
- A handful of strawberries
- A handful of vegetable sticks
- 3 heaped tbsp. of vegetables or beans eg. 16 okra



...at Breakfast

Choose from:

- 1 large slice of melon 
- 1 glass = 150ml 100% fruit juice
- 1 medium sized tomato
- 3 tbsp mushrooms 
- 1 banana
- 1 tbsp (30g) of dried fruit



Mushrooms on toast




Strawberry smoothie

• Top your cereal with fruit



...at Lunch

Choose from:

- 1 handful of vegetable sticks
- 3 tbsp lentil/bean salad* 
- 2 satsumas
- 1 bowl of vegetable & lentil dahl*

*For quick and easy recipe ideas visit: www.phunkyfoods.com



Salad in your sandwich




Veg sticks and dip



...at Dinner

Choose from:

- 3 tbsp broccoli 
- 3 tbsp peas/corn
- 3 tbsp vegetable stew/ratatouille
- 16 medium okra
- 1 glass = 150ml 100% fruit juice



Veg in your curry



Veg in your pasta sauce



Your easy 5-a-day

GLASS OF ORANGE JUICE + BANANA WITH BREAKFAST + SALAD IN YOUR SANDWICH + APPLE AT SNACKTIME + PEAS WITH DINNER