

5 a day

Giving them their 5 portions of fruit or veg a day
is easier than you think



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It can be easier than you think to give your kids a variety of five or more portions of fruit and veg a day. One kid's portion size roughly works out as the child's handful of fruit or veg. Here are lots of different ideas on how to get a portion:

1. Drink one

One glass (150ml) of unsweetened fruit juice per day counts as one portion. So they can start on their way to 5 A DAY at breakfast. For under 5s, dilute fruit juice with 2 parts water to 1 of juice.

2. Defrost one

Frozen fruit and veg count towards 5 A DAY and can be just as good as fresh. It only takes a couple of minutes to microwave some frozen peas.

3. Open one

Canned fruit and veg counts too, so get busy with the tin opener! Choose canned fruit and veg in its own juice, which is healthier than eating fruit canned in sugary syrup or veg canned with added salt and sugar.

4. Chop one

Fruit can be fun for kids. Peel it, slice it, make shapes with it and you'll make it easy for them to enjoy.

5. Pack one

A piece of fruit or veg can help cheer up a lunchbox. Try carrot sticks, baby tomatoes or a banana with a face drawn on the skin.

6. Sprinkle one

It's easy to add fresh, frozen or canned fruit and veg to meals. Try sprinkling sweetcorn or pineapple chunks on top of a pizza.

7. Dip one

It's fun to dunk. Cucumber, pepper & carrot sticks all go well with lower fat dips.

8. Add one

Try grated or chopped carrots in spag bol, or throw tasty veg into a sauce.

9. Snack on one

Fresh and dried fruit counts. Try a small handful of raisins or dried apricots – they make a great 5 A DAY treat. It's also a good idea to pack some healthy snacks for when you're out and about and the kids get peckish.

10. Pulse one

Lentils, beans and peas are all pulses that count towards 5 A DAY and they can easily be added to stews and salads.