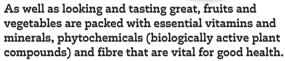




Strivefor







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!





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.



- 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 can be high in sugar and bad for your teeth. To reduce the risk of tooth decay, dried fruit is best enioved 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



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?

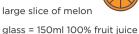
An adults portion is 80g. 80g may be too big for your child, so use their cupped hand as a guide! One handful = one portion

- · 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:

large slice of melon



medium sized tomato

tbsp mushrooms

1 banana

tbsp (30a) of dried fruit





Top your cereal with fruit



Your easy 5-a-day

...at Lunch

Choose from:

handful of vegetable sticks

tbsp lentil/bean salad*

satsumas

bowl of vegetable & lentil dahl*

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









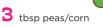


...at Dinner



Choose from:

3 tbsp broccoli



3 tbsp vegetable stew/ratatouille

16 medium okra

glass = 150ml 100% fruit juice





