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Why should we eat 5 A DAY?

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What is a portion?

A child’s portion of fruits or vegetables is roughly what can fit into your cupped hand. This means that a child’s portion is less than an adult’s because children’s hands are smaller!

Here are some examples of what might fit into a child’s hand as one portion:

- An apple, orange, chopped banana, plum or satsuma
- A handful of smaller fruits like grapes or berries
- A small slice of large fruit like melon or pineapple
- A handful of vegetables like carrots or broccoli
- A medium tomato or a handful of cherry tomatoes

Did you know?

- Canned, dried and frozen fruits and vegetables still count towards your 5 A DAY
- It’s best to eat a range of colours of fruits and vegetables so that your body takes in a range of nutrients
- Fruits and vegetables still count when they are mixed with other foods, like with porridge or in a pasta sauce
- Fruit juice, beans, pulses AND baked beans also count towards your 5 A DAY… but only as one portion, no matter how much of them you have
- Potatoes don’t count towards your 5 A DAY (but they’re still important to help you stay healthy)

Try growing your own fruits and vegetables! Visit www.greatgrubclub.com for some ideas