

**Nutritionists** advise us to eat at least **5 fruit or vegetable** portions a day.



How many portions of fruit and vegetables did you eat yesterday?

**Green vegetables:**

2 broccoli spears, 8 cauliflower florets, 4 heaped tablespoons of kale, spring greens or green beans.

**Cooked vegetables:**

3 heaped tablespoons of cooked vegetables such as carrots, peas or sweetcorn.

**Salad vegetables:** 3 sticks of celery, 5cm piece of cucumber, 1 medium tomato, 7 cherry tomatoes.

**Tinned and frozen**

**vegetables:** roughly the same quantity as you would eat as a fresh portion: 3 heaped tablespoons of tinned or frozen carrots, peas or sweetcorn.

**Pulses and beans:**

3 heaped tablespoons of baked beans, haricot beans, kidney beans, cannelloni beans, butter beans or chick peas. Beans and pulses only count as 1 of the 5 portions, no matter how much you eat.



Does your class eat healthily?

**Fresh fruit:** small-sized fruit, such as 2 plums, 2 satsumas, 3 apricots, 2 kiwi fruit, 7 strawberries, 14 cherries, 6 lychees.

**Medium-sized fruit:**

1 medium fruit, such as 1 apple, banana, pear, orange, nectarine, or 1 sharon fruit.

**Large fruits:** half a grapefruit, 1 slice of papaya, 1 slice of melon (5cm slice), 1 large slice of pineapple, 2 slices of mango (5cm slices).

**Dried fruit:** 1 tablespoon of raisins, currants, sultanas, 1 tablespoon of mixed fruit, 2 figs, 3 prunes, 1 handful of banana chips.

**Tinned fruit:** roughly the same quantity of fruit that you would eat as a fresh portion: 2 pear or peach halves, 6 apricot halves, 8 segments of tinned grapefruit.

**Juices:** a glass (150ml) of 100% juice (fruit or vegetable juice or smoothie) counts as 1 portion, but you can only count juice as 1 portion per day, however much you drink.

<http://www.5aday.nhs.uk/WhatCounts/PortionSizes.aspx>

food and drink