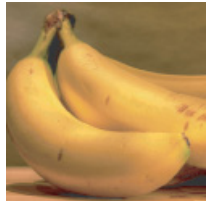


Nutritionists advise us to eat at least **5 fruit** or **vegetable** portions a day.

Smoothies usually contain many different ingredients:



6 mandarins



2 bananas



43 raspberries



2 apples



and 4 oranges!

What does your favourite smoothie have in it?

Can you make your favourite **smoothie** cheaper than you can buy it?

Fruit Weight

Apple (medium)	182g
Apricot	35g
Banana (medium)	118g
Blueberry	1.36g
Cherry	4.8g
Grape	4.9g
Grapefruit (medium)	128g
Kiwi	76g
Lemon	108g
Lychee	10g
Mango	207g
Melon (Cantaloupe)	552g
Melon (Honey dew)	1000g
Nectarine (medium)	142g
Orange	159g
Papaya (medium)	304g
Passion fruit	18g
Peach (medium)	150g
Pear (medium)	178g
Pineapple	1000g
Plum	66g
Pomegranate	154g
Raspberry	1.9g
Satsuma	74g
Sharon fruit	25g
Strawberry	7g

based on information from United States Dept of Agriculture