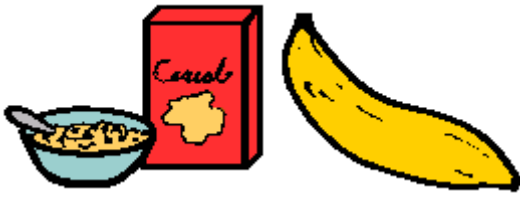


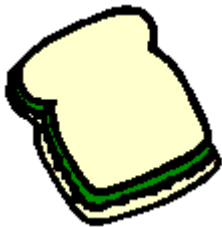
# How can I have more fruit and vegetables?



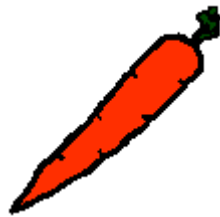
add dried fruit or sliced banana to breakfast cereal



glass of unsweetened fruit juice e.g. orange, grapefruit, tomato, apple



add salad to sandwiches e.g. lettuce, tomato, cucumber



mash swede or carrot with potato



add tinned beans to stews and casseroles e.g. baked beans, kidney beans, butter beans



eat fresh fruit with yoghurt or custard e.g. apple, pear, strawberries