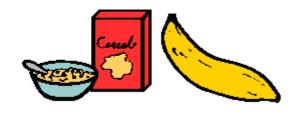
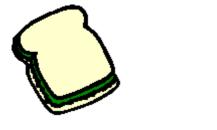
How can I have more fruit and vegetables?



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

Community Dietitians
Bristol South & West NHS Primary Care Trust
New Friends Hall, Heath House Lane, Stapleton
Bristol, BS16 1EQ Tel 0117 9585666