Five a day

Do you eat at least 5 portions of fruit and vegetables each

Tick the chart to see if you have reached your target



	M	Tu	W	Th	F	Sa	Su
1							
2							
3							
4							
5							
6							
7							

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