

5 a day

Remember to have 5 portions of fruit and vegetables every day

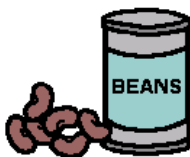
What is a portion?



fresh fruit e.g. pear, banana, apple



bowl of salad



2-3 tablespoons tinned fruit or vegetables e.g. peaches, peas, red kidney bean



2 tablespoons fresh, frozen or tinned vegetables e.g. carrots, broccoli, cauliflower



1 glass unsweetened fruit juice e.g. orange, grapefruit tomato (only counts once)



handful of dried fruit e.g. raisins, dates, apricots



cupful of berries or small fruits e.g. strawberries, grapes, cherries



2 small fruits e.g. satsumas, plums, kiwi

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