

Follow the Eatwell Guide to what you should eat from each of 5 food groups.

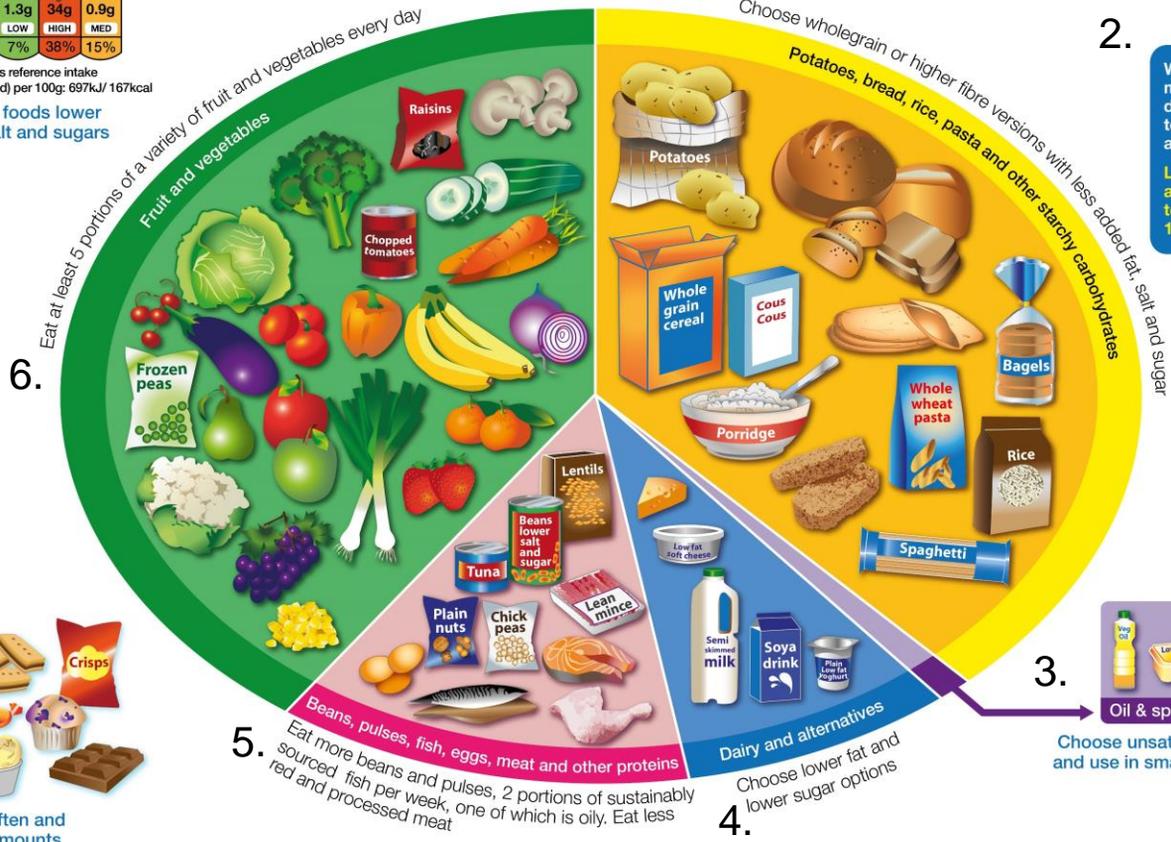
Check the label on packaged foods

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g	Saturated 1.3g	Sugars 3.4g	Salt 0.9g
13%	LOW	LOW	HIGH	MED
4%	7%	38%	15%	

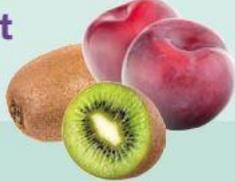
of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/167kcal

Choose foods lower in fat, salt and sugars



1. Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible.
2. Drink 6-8 cups/glasses of fluid a day. Fluids high in fat, salt or sugar should be drunk in small amounts.
3. Choose unsaturated oils and spreads and eat in small amounts.
4. Have some dairy or dairy alternatives (such as soya drinks); choosing lower fat and lower sugar options.
5. Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily).
6. Eat at least 5 portions of a variety of fruit and vegetables every day.

Eat 5 portions of fresh fruit and veg every day

<p>Cruciferous vegetables</p>  <p>8 florets or pieces eg. broccoli, Brussels sprouts, cauliflower</p>	<p>Root vegetables</p>  <p>1 whole eg. carrot, parsnip, sweet potato</p>	<p>Salad leaves</p>  <p>1 cereal bowl eg. lettuce, uncooked spinach</p>
<p>Medium to large vegetables</p>  <p>½–1 whole vegetable eg. courgette, leek, pepper</p>	<p>Small or sliced vegetables</p>  <p>3–4 heaped tablespoons* eg. peas, sweetcorn, or sliced cabbage, mushrooms, runner beans</p>	<p>Large fruit</p>  <p>1–2 slices eg. mango, melon, pineapple</p>
<p>Medium fruit</p>  <p>1 whole eg. apple, banana, orange, peach, pear</p>	<p>Small fruit</p>  <p>2 whole eg. kiwi fruits, plums, satsumas</p>	<p>Berries</p>  <p>1–2 handfuls eg. blueberries, raspberries</p>
<p>Unsweetened fruit or vegetable juice</p>  <p>1 glass (150ml) (only counts once per day) eg. orange juice, apple juice</p>	<p>Cooked pulses (beans & lentils)</p>  <p>3 tablespoons* (only counts once per day) eg. canned chickpeas, lentils</p>	<p>Dried fruit</p>  <p>1 heaped tablespoon* (30g) (only counts once per day) eg. raisins, dried cranberries</p>

They can be fresh, cooked, frozen, tinned, dried or juiced. But:

- Avoid added sugars.
- Vary the 5.
 - Beans and pulses count as one portion no matter how many you eat because of their low nutrient content.
 - Pure fruit juice counts as one portion because of its low fibre content.
- Potatoes don't count at all!

The health benefits of '5 a day'

- Provides vitamins and minerals which are much more readily absorbed than in the form of vitamin pills and supplements.
- A high volume to fat / calorie ratio, helps maintain a healthy weight and phytochemicals found in fruit and vegetables may help you shed weight due to their effect on fat cells in your body.
- A significant source of dietary fibre helps prevent digestive problems and bowel cancer.
- A good source of free radical destroying antioxidants. The second most important cancer reducing strategy after stopping smoking.
- Reduces the risk of; heart disease, stroke and type 2 diabetes by 20%.
- High levels of melanin has positive effects on the texture, clarity, colour, strength, and elasticity of your skin and helps protect it against sun damage.
- Eating just one extra portion of fruit and vegetables each day can boost your mental wellbeing by the same amount as walking for an additional ten minutes a day.

Does anyone actually eat five a day?

- Just 30% of UK adults eat 5 a day according to the latest National Diet and Nutrition Survey.