



FRESH Nutrition
Nutritional advice for all

Get Your Five A Day!

Try to eat 5 portions of fruit and vegetables a day and more if possible. Keep fruit to no more than three portions a day, and eat as many portions of vegetables as possible.

A portion is the equivalent of 80g, here are some portion examples:

Fruit

- One medium apple, pear, peach or nectarine
- 3 apricots
- 1 medium banana
- A handful of berries (8-10)
- About 15 cherries
- 3-4 tbs of canned fruit (in own juice)
- Half a grapefruit
- A handful of grapes
- A slice of melon (5cm)
- 2 kiwi fruit
- 2 satsumas, clementines or mandarins
- 1 large slice of pineapple
- 2 medium plums

Vegetables

- 1 cereal bowlful of salad
- 1 large carrot
- 8 florets of broccoli or cauliflower
- 8 Brussels sprouts
- 1 medium tomato
- 6 cherry tomatoes
- 8 spring onions
- 1 medium onion
- 3 heaped tbs of peas
- 4 heaped tbs of runner beans
- Half a medium sweet pepper
- 3 sticks of celery
- 12 button mushrooms
- A 6cm chunk of cucumber
- Half a large courgette

- 4 heaped tbs of shredded cabbage or kale
- 10 radishes
- 5 asparagus spears
- 1 sweetcorn cob or 5 baby corn
- ½ a medium aubergine
- 1 medium sweet potato
- Note potatoes are classed as starch not vegetables.

Other sources that can count, one once a day, include:

- 1 tbs of dried fruit
- 1 150 ml glass of fruit juice
- 1 small can of baked beans

The Benefits Include:

- Increased fibre intake aiding digestion reducing the risk of clogged arteries and bowel cancer
- Helps to balance blood sugar levels and therefore balance/aid loss of weight
- Increased energy and vitality
- Increases levels of **antioxidants** which protect the body cells from damage
- Supplies **phytochemicals** which help to reduce chronic diseases such as cancer and heart disease