



# Factsheet

## Top Tips - what counts towards your 5 A DAY?

### How to get your 5 A DAY - what counts?

- ❖ Fresh, frozen, tinned, 100% juice and dried fruit and vegetables all count towards 5 A DAY.
- ❖ 1 portion is about a handful size.
- ❖ 1 portion of fruit is for example, 1 medium apple, banana, orange or pear, or 2 small Satsuma's or 3 dried apricots.
- ❖ 1 portion of vegetables is for example, 3 heaped tablespoons of cooked vegetables such as carrots, peas, or sweet corn or one cereal bowl of mixed salad.
- ❖ Beans and other pulse vegetables, such as kidney beans, lentils and chick peas can count, but only once a day, however much you eat. Pulses contain fibre, but they don't give the same mixture of vitamins, minerals and other nutrients as fruit and vegetables.
- ❖ A medium sized glass of 100% fruit or vegetable juice or smoothie counts but only once a day, however much you drink, because it has very little fibre. Also the juicing process 'squashes' the natural sugars out of the cells that normally contain them and this means that drinking juice in-between meals isn't good for teeth.
- ❖ A portion of dried fruit counts - but should only be eaten at mealtimes and other types of fruit and vegetables should also be eaten to meet the rest of the 5 A DAY target.
- ❖ Potatoes don't count towards the target as they are considered a starchy food like pasta or rice.
- ❖ Fruit and vegetables in takeaways and ready meals can count towards 5 A DAY but many of these foods may be higher in added sugar, salt and fat and should be eaten in moderation.
- ❖ To get the most benefit, you should aim to include a variety of fruit and vegetables as different fruit and vegetables contain different combinations of fibre, minerals, vitamins and other nutrients.