



Factsheet

Top Tips - how to eat more fruit and vegetables?

How to get your 5 A DAY:

- ❖ Aim to eat a bit more, more often.
- ❖ Decide and plan what simple steps you can take to eat more
- ❖ If you have decided to take up the 5ive and 5ive challenge here are some simple ideas that may help about the fruits and vegetables you enjoy eating

Just one of these ideas will get you started...

- If you need to fix dinner in a hurry, frozen, canned or pre packed vegetables are quick and easy to cook.
- Stir fries only take a few minutes to prepare, and make a tasty meal.
- No preparation time? Just heat up a can of baked beans with toast or a jacket potato for lunch and tick another 5 A DAY portion.
- Adding fruit and vegetables helps to bulk out a meal without adding a lot of extra calories
- Try having an extra serving of vegetables or a side salad with your dinner.
- Serve 2 types of vegetables with your tea, and make portions a bit bigger than usual.
- Add some extra colour, crunch and flavour to a sandwich - make or buy something with salad such as lettuce, cucumber, onion, sliced tomato, grated carrot.
- Have fruit juice or fruit, or both, with your breakfast everyday but remember a glass of fruit juice only counts as one portion per day.
- Peppers, mushrooms, onion or pineapple on your pizza topping count as 1 portion
- Liven up soups and sauces with a handful of kidney beans, peas or corn.
- Stir in a handful of fresh or frozen vegetables into pasta, soup or noodles.
- For extra sweetness chop fruit into your cereal or stir it into dessert.

- Make your breakfast fruity by slicing a banana/strawberries or other fruit into your cereal.
- Open a tin of fruit in natural juice for an instant healthy pudding.

Sneaky snacks

- If you can't stomach breakfast in the mornings, just take a banana with you in your bag and eat it during the morning to kick-start your morning metabolism.
- The secret to healthy snacking is to choose your snacks wisely - fruit (fresh, canned, dried) is a great choice.
- Need to fill a gap before dinner? Snack on a piece of fruit.
- If you prefer savoury snacks, try snacking on some refreshing raw vegetables like celery, crunchy carrots or peppers.
- Carrot sticks or slices of pepper are excellent snack foods and can hold off hunger during the day.
- Fruit is easy to eat when your on the move, so if your in a rush and hungry grab a piece of fruit to eat on the go
- Fancy a savoury snack? Ditch the crisps and try dipping veg sticks like carrot, peppers, cucumber into tomato salsa, hummus or guacamole for another healthy choice.
- If you keep a well stocked fruit bowl at home/school/work you can easily eat fruit as a snack during the day.
- Try keeping a supply of cherry tomatoes or easy peel fruit in your desk drawer/locker/bag and snack on these instead of chocolate or crisps.
- Dried fruits provide a steady supply of sugar giving longer lasting energy but should only be eaten at mealtimes.
- Chopped apple and yoghurt can refresh and boost your energy levels in the middle of the day.
- Fruit Smoothies are an easy way of upping your fruit intake and another healthy choice. If you don't have a blender you can just mash softer fruits like strawberries and bananas.
- Make ice lollies by pouring fruit smoothies 100% fruit juice or pureed fresh fruit into ice lolly moulds and freezing them.