



The Challenge

Have at least five portions of vegetables and fruit every day – choose a variety!

Why is it important to have 5 A DAY?

- Vegetables and fruit provide a range of different vitamins and minerals needed for health. They also provide fibre which is important for the digestive system and can help reduce the risk of developing heart disease, stroke, type 2 diabetes and bowel cancer in adulthood.
- It is important to eat a wide variety of vegetables and fruit, as each type provides different amounts and combinations of nutrients.

5 A DAY ideas

Red - tomatoes, radishes, radicchio, strawberries.
Orange - carrots, sweet potatoes, pumpkin, apricots
Yellow - sweetcorn, courgettes, pepper, melon
Green - broccoli, peas, cucumber, apples
Purple - aubergine, beetroot, cabbage, grapes
White - cauliflower, parsnips, celeriac, lychees

Did you know that most people are still not having 5 A DAY?

Fewer than 1/3 of adults and 1/5 of children and young people (age 5-15 years) have the recommended five or more portions of vegetables and fruit a day. The daily average for children and young people is only three portions!*

*Health Survey England 2017

What counts towards 5 A DAY?

Fresh, frozen, canned, dried and juiced types all count. For adults, one portion of vegetables or fruit is 80g (with some exceptions as listed below).

Portion sizes for children and young people will vary depending on their size and age. As a guide, a portion is what fits into the palm of an individual's hand.

What counts as one portion? (For adults.)		Details
Fresh, frozen or canned vegetables or fruit	80g	An 80g portion is approximately: one medium sized piece of fruit such as a banana, apple or pear; two or more small fruits such as plums, satsumas or apricots; a large handful of berries, cherries or grapes; one dessert bowl of salad; three heaped tablespoons of vegetables.
Dried fruit	30g	A 30g portion counts as one portion of 5 A DAY, but should be eaten at mealtimes, not as a between-meal snack, to reduce the impact on teeth.
100% vegetable/ fruit juices/ smoothies	150ml (counts only once)	150ml counts as a maximum of one portion per day. Consumption should be limited to no more than a combined total of 150ml per day. This is because when vegetables and fruit are juiced or blended, sugars are released which can cause damage to teeth.
Beans and pulses	80g (counts only once)	Beans and pulses count as a maximum of one portion per day even if more than one portion is eaten. This is because they do not provide the same mixture of vitamins, minerals and other nutrients as vegetables and fruit.



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The Super Challenge

Have five different colour vegetables and fruit as part of your 5 A DAY, every day, for a week!