



#fruitandveg
#publichealth5-19service



FRUIT & VEGETABLES FACTSHEET

This factsheet will provide you with very helpful links to lots of websites with hints and tips about how to include more fruit and vegetables into your diet.

TOP TIPS ABOUT EATING FRUIT & VEGETABLES

Eating at least 5 portions of fruit and vegetables per day provides a great source of vitamins, minerals and fibre. It also helps prevent against diseases such as heart attacks, strokes and certain cancers like bowel cancer.

Tip 1: All fruit and vegetables except potatoes count as one of your 5 a day. These include canned fruit in their own juices (avoid sugary syrups) and canned vegetables in water with no added salt or sugar. Frozen fruit and vegetables count too as do dried fruits.

Tip 2: Beans and pulses such as lentils and kidney beans are classed as one portion per day; these can be added to soups and stews along with other vegetables.

Tip 3: Vegetables can easily be added to your meals, add salad to your sandwiches, carrots, broccoli and peas to your roast or peppers and mushrooms to your pasta dishes.

Tip 4: Fruit and vegetables can be made into smoothies or juices. 150ml of unsweetened fruit juice or 100% fruit and vegetable juices count as one of your portions per day. Beware as fruit juices and smoothies contain a lot of fruit sugars these need to be limited to one 150ml glass a day and only have at mealtimes to help reduce tooth decay.

Tip 5: If someone in the family is not great at eating fruit and vegetables they can be blended into sauces and soups to disguise them.

Tip 6: Add fruit and vegetables to your breakfast choice of cereal, porridge, low fat yogurt or to your scrambled or poached eggs, along with a glass of unsweetened fruit juice.

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Tip 7: Swap sugary snacks for a few vegetables such as carrot or celery sticks or a portion of fruit.

Tip 8: Remember to always wash your fruit and vegetables before eating.

VISIT THESE USEFUL WEBSITES

www.nhs.uk/Change4Life/Pages/healthy-eating.aspx

Department of Health campaign to help families eat well, free resources for all who join.

www.nhs.uk/Change4Life/Pages/five-a-day-portion-sizes.aspx

Change4Life campaign to help families eat more fruit and vegetables.

www.fruitandvegboost.change4life.co.uk/

Change4Life campaign to help families increase the amount of fruit and vegetables they eat.

www.nhs.uk/livewell/goodfood

Information, advice and free resources on eating a balanced diet.

www.nhs.uk/livewell/healthy-eating

Information, advice and free resources on what counts as a 5 A Day portion

www.nhs.uk/livewell/5aday

Information, advice and free resources on what counts as a 5 A Day portion

www.henry.org.uk

Information to support families to be healthier and prevent child obesity.

www.bhf.org.uk/heart-health/children-and-young-people

Top tips on keeping your child healthy, from the British Heart Foundation.

www.cwt.org.uk

The Caroline Walker trust provides evidence based reports, latest guidelines and resources on all aspects of healthy eating, covering all ages.

www.nutrition.org.uk/

British Nutrition Foundation website provides impartial, evidence-based information on food and nutrition.

www.cumbriapartnership.nhs.uk/our-services/children-families