

Many of these nutrients also act as powerful antioxidants, protecting the body from harmful pollutants that can cause disease.

Getting children into the habit of eating a wide variety of fruit and vegetables could help maintain this healthy behaviour into early adulthood and beyond.





Dried fruit can be high in sugar and bad for your teeth. To reduce the risk of tooth decay, dried fruit is best enjoyed as part of a meal – with a dessert, for example, not as a between meal snack



# Eat a rainbow!



# Fruit juice and smoothies

Fresh, unsweetened fruit juices provide the body with vitamins and minerals, and water. Smoothies can also add fibre. However, the sugar naturally present in fruit juices/smoothies also adds energy to the diet and increases the risk of tooth decay.

- Stick to ONE 150ml glass per day
- Drink only at mealtimes
- Use a straw to avoid direct contact with children's teeth
- Brush teeth twice a day with a fluoride toothpaste

# Further information:

- www.nhs.uk/change4life/ food-facts/five-a-day
- www.bda.uk.com/foodfacts/ fruit\_vegetables\_\_how\_get\_ five-a-day







# Strive for



#### 5-a-day ways

- Healthy snacks. Spread your 5-a-day across the day
- Keep costs low: use seasonal produce, or tinned /frozen
- Colour and variety is key Eat A Rainbow!

# What is a portion?

An adults portion is 80g. 80g may be too big for your child, so use their cupped hand as a guide! One handful = one portion

- One whole fruit eg. apple, pear
- Two small fruit eg. plums
- A handful of strawberries
- A handful of vegetable sticks
- 3 heaped tbsp. of vegetables
- 3 heaped tosp. of vegetables or beans eg. 16 okra

# ...at Breakfast

#### **Choose from:**

large slice of melon



medium sized tomato

3 tbsp mushrooms

l banana

tbsp (30g) of dried fruit





gop your cereal with fruit



### Your easy 5-a-day

# ...at Lunch

#### **Choose from:**

handful of vegetable sticks

🕇 tbsp lentil/bean salad\* 📗

**2** satsumas

bowl of vegetable & lentil dahl\*

\*For quick and easy recipe ideas visit: www.phunkyfoods.com









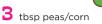


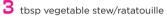
# ...at Dinner



#### **Choose from:**

3 tbsp broccoli





16 medium okra

glass = 150ml 100% fruit juice







GLASS OF ORANGE JUICE + BANANA WITH BREAKFAST + SALAD IN YOUR SANDWICH + APPLE AT SNACKTIME + PEAS WITH DINNER