



Nutrition

Public Health Unit

# Eat a rainbow of colours!

## Why is it important to have at least 5-A-Day?

Vegetables and fruit provide a wide range of vitamins, minerals and phytochemicals needed for good health, as well as 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.

It is important to eat a wide variety of vegetables and fruit, as each type provides different amounts and combinations of nutrients.

**Remember** potatoes, while being a good source of fibre, vitamin C and potassium does not count towards your 5-A-Day - but do count as a starchy carbohydrate the same as bread, pasta or rice of which we require 3-4 portions daily.

## What counts as one portion?

Fresh, frozen or canned (in water or juice) vegetables or fruit	80g	An 80g portion is approx. One medium sized piece of fruit such as a banana, pear, apple or orange; Two small fruits such as plums, satsumas, kiwi or apricots; One dessert bowl of salad; Three heaped teaspoons of vegetables such as peas, carrots or swede.
Dried fruit	30g	A 30g portion counts as one portion of your 5-a-day. This can be three dates, three apricots or one heaped teaspoon of raisins, sultanas or cherries.
100% vegetable/fruit juices or smoothies	150ml (counts only once)	150ml counts as a maximum of one portion per day, even if more than one portion is eaten.
Beans and pulses	80g (counts only once)	Beans and pulses such as lentils, kidney beans, baked beans or chick peas count as a maximum of one portion per day even if more than one portion is eaten.

We need 30g of fibre per day for digestive health, vegetables and fruits are great contributors!

Fibre per portion (80g).

Peas	Brussel Sprouts	Carrots	Spinach	Sweetcorn	Raspberries	Prunes	Pear, with skin	Apple, with skin	Blueberries
4.1g	3.4g	2.0g	1.9g	1.8g	2.0g	4.6g	3.3g	1.8g	2.0g



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