Fruit & vegetable facts: eating more fruit & veg is important for us all, but how many of us actually manage to eat 5-a-day?

Publication/Creation

[Place of publication not identified]: [publisher not identified], [2013]

Persistent URL

https://wellcomecollection.org/works/u4fsrwgw

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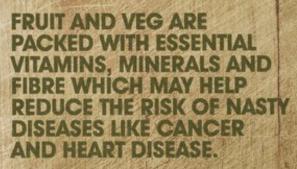


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EATING MORE FRUIT AND VEG IS IMPORTANT FOR US ALL, BUT HOW MANY OF US ACTUALLY MANAGE TO EAT 5-A-DAY?

> KNOW YOUR FOOD



So it's important to eat a variety of at least five portions of fruit and veg every day.

What's more, it can be easier than you think to get your five portions of fruit and veg. Canned, frozen, 100% juice and dried fruit and veg all count towards 5-a-day as well as fresh produce. You can keep the costs down too by buying canned and frozen fruit and veg which doesn't go off as quickly, and buying fresh fruit and veg when it's in season is usually cheaper.

There are so many ways of getting your five portions a day. Why not try adding vegetables to favourite toods such as spag bol or mixing them into a sauce to give it more colour and flavour. Or, how about having a handful of tasty raisins as a snack?

GET THE BEST FROM YOUR 5-A-DAY

With so many quick ways of racking up your 5-a-day, there are a few tips to bear in mind:

- Try steaming your vegetables not boiling, as this will retain more of the vitamins
- Eat fresh fruit and vegetables quickly, don't leave them in your fruit bowl for weeks!
- Eat a rainbow of fruit and vegetables!

KNOW YOUR FOOD