



BRITISH
Nutrition
FOUNDATION

My 5 A DAY chart

















	1 portion	2 portions	3 portions	4 portions	5 portions	Daily Total	I tried something new (tick)
Monday							<input type="checkbox"/>
Tuesday							<input type="checkbox"/>
Wednesday							<input type="checkbox"/>
Thursday							<input type="checkbox"/>
Friday							<input type="checkbox"/>
Saturday							<input type="checkbox"/>
Sunday							<input type="checkbox"/>



Remember:

- 1 portion of fruit or vegetables = **80g**
- 1 portion of pulses (beans, peas or lentils) = **80g** (will only count as 1 of your 5 A DAY)
- 1 portion of dried fruit = **30g** (keep to mealtimes, and not as a between-meal snack)
- 1 portion of fruit juice or smoothie = **150ml** (will only count as 1 of your 5 A DAY)

What does one of my 5 A DAY look like? *(Some examples)*

 1 medium apple	 7 strawberries	 1 dessert bowl of salad	 3 tablespoons of sweetcorn
 ½ of a grapefruit	 2 broccoli spears	 3 tablespoons of carrots	 1 medium orange
 1 medium banana	 4 heaped tablespoons of cooked spinach	 3 heaped tablespoons of baked beans*	 1 heaped tablespoon of dried fruit
 ½ an avocado	 2 kiwi fruit	 2 satsumas	 7 cherry tomatoes

* Choose low salt and sugar versions.

Think variety:

To get the most out of your 5 A DAY, try and choose a variety of different types and colours of fruits and vegetables throughout the day.

