



E-Book

Are You Getting Your 5-A-Day?



GET FIT
Today Putting the Fun
Back into Fitness

Everyone should have at least 5 portions of a variety of fruit and vegetables every day. An adult portion of fruit or vegetables is 80g.

Almost all fruit and vegetables count towards your 5 A Day, so it may be easier than you think to get your recommended daily amount.

- 80g of fresh, canned or frozen fruit and vegetables counts as 1 portion of your 5 A Day (but not potatoes and some other starchy foods). For tinned or canned fruit and vegetables, choose those in natural juice or water, with no added sugar or salt.
- 30g of dried fruit (this is equivalent to around 80g of fresh fruit) counts as 1 portion of your 5 A Day. Dried fruit should be eaten at mealtimes, not as a between-meal snack, to reduce the risk of tooth decay.



Some portions only count once in a day:

- 150ml of fruit juice, vegetable juice or smoothie. Limit the amount you drink to a combined total of 150ml a day. Crushing fruit and vegetables into juice and smoothies releases the sugars they contain, which can damage teeth. Juices and smoothies should be consumed at mealtimes, not as a between-meal snack, to reduce the risk of tooth decay.
- 80g of beans and pulses. These only count once as part of your 5 A Day, no matter how many you eat. This is because although they're a good source of fibre, they contain fewer nutrients than other fruits and vegetables.



Does not count

- ✗ Potato
- ✗ Yam
- ✗ Cassava
- ✗ Plantain
- ✗ Ketchup
- ✗ Nuts
- ✗ More than 1 serving of juice or smoothie per day
- ✗ More than 1 serving of beans or pulses per day

What does and does not count for 5 A Day?

Almost every type of fresh, frozen, tinned and dried fruit and veg you can think of counts towards your 5 A Day.

So do fruit or vegetables in ready-meals or shop-bought sauces. However, always check the packaging and watch out for high amounts of salt, fat and sugar

But some things you might not expect to count actually do, and some things you would expect (or hope) to count actually do not – looking at you, potatoes!

Here is a quick guide to some of the things people ask about most often.

Fruit and vegetables found within other foods and ready-made products, although they may only be in small amounts, still count towards your 5 A Day.

For example, the chickpeas in hummus and falafel, the fruit in fruit yoghurts, the lentils in dhal, and the vegetables in guacamole and salsa all contribute.

However, these foods may be high in fat, salt and sugar so always check the label – or use the [NHS Food Scanner app](#) to easily find healthier options.

Potatoes and other starchy foods like yams, cassava and plantain are usually eaten as the carbohydrate part of a meal, like rice, pasta or bread are.

They're a great source of fibre and nutrients so are still an important part of a balanced diet – they just do not count towards your 5 A Day.

Sweet potatoes, parsnips, swedes and turnips all do count though!

5 A Day portion sizes



Portions for adults

An adult portion of fresh, frozen or tinned fruit or vegetables is 80g. For dried fruit, a portion is 30g.



Portions for kids

Kids should also eat 5 different types of fruit or veg each day, but a portion depends on their size and age.

As a rough guide, 1 portion of fruit or veg for a child is the amount they can fit in the palm of their hand.



Juice and smoothies

For unsweetened 100% fruit juice, vegetable juice and smoothies, 150ml is a maximum of 1 portion of your 5 A Day.

That means juice and smoothies only count once towards your 5 A Day, no matter how much you have or how many different types of fruit or vegetables go into them.

So stick to 1 small glass (150ml) a day and keep juice or smoothies to mealtimes, as blending makes it higher in sugar, which can cause tooth decay.



Hi 5!

A total of 5 portions of fruit and veg combined is the minimum number of servings to aim for.

You do not need to eat 5 portions of fruit and 5 portions of veg to get your 5 A Day – although the more the better!



Mix and match

You can also combine smaller amounts of fruit and veg to make up 1 portion.

For example, a large handful of salad in a sandwich, plus 4 cherry tomatoes and 4 slices of cucumber would count as 1 portion of your 5 A Day.

How much is 80g of fruit and vegetables?

Obviously we might not always have kitchen scales to hand, so it's handy to know what a portion looks like. This is a rough guide to help you.

For tinned and frozen fruit and veg, a portion is the same amount as for fresh. Remember to go for versions in natural juice or water.

Drinks and 5 A Day

Keep an eye on the amount of fruit juice and smoothies you drink.

The current advice is to limit consumption of fruit or vegetable juices and smoothies to a combined total of 150ml a day (1 portion).

Crushing fruit into juice releases the sugars they contain, which can damage teeth. Even unsweetened fruit juice and smoothies are sugary, so limit these to a combined total of 150ml a day.

Diluting 150ml of fruit juice with water (still or sparkling) can make it go further.

Remember to keep fruit juice and smoothies to mealtimes to reduce the impact on teeth.

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Why Eat 5-A-Day?

1. Fruit and vegetables are a good source of vitamins and minerals, including folate, vitamin C and potassium


2. They're an excellent source of dietary fibre, which can help to maintain a healthy gut and prevent constipation and other digestion problems. A diet high in fibre can also reduce your risk of bowel cancer.



Small fruit

An adult portion of small fruit is roughly:

- 1 handful of grapes
- 2 plums
- 2 satsumas
- 2 kiwi fruit
- 3 apricots
- 6 lychees
- 7 strawberries
- 14 cherries
- 20 raspberries



Salad veg

An adult portion of salad veg is:

- 1 medium tomato or 7 cherry tomatoes
- A 5cm chunk of cucumber
- 1.5 full-length celery sticks
- 7 slices of beetroot, or 3 small whole beetroot

Or 1 cereal bowl of:

- lettuce
- fresh spinach
- watercress
- mixed salad


3. They can help to reduce your risk of heart disease, stroke and some types of cancer.

4. Fruit and vegetables contribute to a healthy, balanced diet.

5. Fruit and vegetables taste delicious and there's so much variety to choose from.

Fruit and vegetables are also usually low in fat and calories (provided you do not fry them or roast them in lots of oil).

That's why eating them can help you maintain a healthy weight and keep your heart healthy.



Medium-sized fruit

An adult portion of medium-size fruit is roughly:

- half an avocado
- 1 apple
- 1 banana
- 1 orange or nectarine
- 1 pear

To get the most out of your 5 A Day, your 5 portions should include a variety of fruit and vegetables. This is because different fruits and vegetables contain different combinations of fibre, vitamins, minerals and other nutrients.

Almost all fruit and vegetables count towards your 5 A Day. They can be fresh, frozen, canned, dried or juiced. Potatoes, yams and cassava do not count because they mainly contribute starch to the diet.



Large fruit

An adult portion of large fruit is roughly:

- half a grapefruit
- a 5cm slice of melon
- 1 slice of watermelon
- 1 large slice of pineapple
- 1 slice of papaya
- 2 slices of mango (5cm slices)



Cooked veg

An adult portion of cooked veg is 3 heaped tablespoons of:

- peas
- sliced carrots
- sweetcorn
- butternut squash
- mixed veg

Or:

- a third of an aubergine
- half a bell pepper
- 1 medium onion
- 1 medium sweet potato
- 8 cauliflower florets



Green veggies

An adult portion of green vegetables is 4 heaped tablespoons of cooked:

- cabbage
- green beans
- spring greens
- kale

Or:

- half a large courgette
- 2 heaped tablespoons of cooked spinach
- 2 spears or 8 florets of broccoli
- 5 spears of asparagus
- 9 medium okra fingers

