

100%PURE**FIVE**



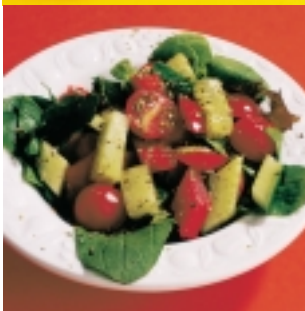
Five a day - the healthy way

Your food - your best protection

What we eat affects our health. Research has shown that fruit and vegetables contain vitamins and other substances, which can help to protect us against major illnesses, including cancer and heart disease. Fruit and veg also contain fibre, which is important in reducing our risk of heart disease and some types of cancer, such as bowel cancer.

By making just a few small changes to the food we eat every day, we can help to protect ourselves against these diseases. Eating more fruit and veg is a positive step that can not only protect our health, but can make us feel better too.





Portions for extra health

In Northern Ireland we eat on average 3 portions of fruit and veg a day. Health experts recommend at least 5 portions each day - so most of us need to eat more! Remember that frozen, canned and dried fruit and veg count as well as fresh.

As a guide, each of the following counts as 1 portion:

- 1 slice of large fruit, eg melon or pineapple;
- 1 piece of medium sized fruit, eg a pear or a banana;
- 2 small fruit, eg kiwis, mandarins or plums;
- 1 cup of very small fruit, eg grapes or strawberries;
- 1 glass of fruit juice (fruit juice can only be counted as 1 portion of the 5 each day);
- 2 - 3 heaped tablespoons of vegetables;
- 1 dessert bowl of salad.

We usually think of potatoes as vegetables, but they are starchy foods, like rice and bread. They're not counted in our 5 portions, but we should still eat them for the fibre they contain.

A piece of fruit makes a good snack at any time of day. By eating one extra portion of fruit or vegetables every day, it's easy to build up to the recommended 5 a day.

Aiming for five

Here are some easy ways to add more fruit and veg to your meals:

Breakfast

- drink a glass of chilled fruit juice;
- add chopped fruit to cereal or low fat yogurt - try sliced banana, grapes, chopped apple or dried apricots or raisins;
- mash a banana on toast.



Lunch

- include salad or fruit in sandwiches;
- make home-made soup with loads of veg;
- finish off with fruit salad (made with unsweetened fruit juice or diet lemonade which has lost its fizz) or a small tin of fruit in its own juice.

Evening meal

- pack main dishes with extra vegetables, eg canned tomatoes, carrots, turnips and mushrooms;
- add pulses such as peas, beans or lentils to stews, soups and casseroles;
- liven up rice or pasta by adding frozen peas, canned sweetcorn or kidney beans;
- serve a couple of different vegetables with a main course for extra variety.



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