

Add zing to your meals

Vegetables are at their most delicious when they're lightly cooked to keep their natural crunch. You could try using lemon juice, garlic or spices like ginger for extra flavour?



2 portions



Take the test



1. How many portions of fruit* – of any kind – do you eat on a typical day?

Portions of fruit:

2. How many portions of vegetables* do you eat on a typical day?

Portions of vegetables:

Scoring

Add up the numbers you gave in your answers to questions 1 and 2:

If the total is 5 or more, well done. You are probably meeting the 5 A DAY target.

If the total is less than 5, try some of the ideas in this booklet to increase the amount of fruit and vegetables you eat.

*A portion of fresh, frozen or canned fruit or vegetables is roughly 80 grams (about 3 ounces). Dried fruit counts and a portion is about the same as you would eat if it were fresh – eg 3 apricots, 2 figs. Juice can only count as 1 portion a day, however much you drink.

Potatoes don't count towards 5 A DAY.

There are more examples of a portion on the cover of this booklet and on pages 20 and 21.

This page is based on work carried out by Professor Wardle and Professor Steptoe as part of their research.