



How to get your 5 a day

Pimp your porridge

Add a chopped banana or apple to your porridge at breakfast. Dried fruit also counts so throw in some raisins, apricots or cranberries for a great tasty start to the day!

Blend it

Making a smoothie for breakfast is a great way of increasing your 5 a day. By making it yourself it also means you are in control of not adding too much extra sugar.

Healthy snacks

Snack on an apple, carrots sticks and mixed peppers during the day, and for extra taste, these are great with homemade hummus.

Rainbow on a plate

Try to include a mixture of different coloured foods as each contain different vitamins and nutrients beneficial for our health. This is also a great way to encourage children to eat healthier foods.

Swap out carbs

Make half your plate vegetables at every meal. Roasted or raw. Swap rice or pasta for cauliflower or broccoli rice. Remember, approx. 80g equates to a single portion of fruit or vegetables.