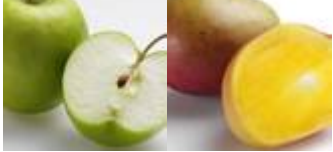




supporting healthy eating

Do our Take 5 challenge!

Taking 5 portions of fruit and vegetables a day is easier than you think. Everytime you have a portion tick it off your list, you'll soon know if you're eating 5 a day!



Remember a portion =

- ✓ A medium glass of 100% fruit/vegetable juice
- ✓ A medium-sized piece of fruit
- ✓ 1/2 cup of cut-up fruit
- ✓ 1 handful of fruit, salad stuff or raw vegetables
- ✓ 1/4 cup of dried fruit
- ✓ 3 heaped tablespoons of tinned fruit or cooked vegetables
- ✓ 2 heaped tablespoons of fruit puree
- ✓ 1 heaped tablespoon of vegetable puree



	1	2	3	4	5	5+
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						