

# BE STRONG

Eat. Move. Live

# THE KNOWLEDGE

## GETTING YOUR 5-A-DAY

**This week's focus:** Why we should be getting our 5-a-day and how to do it easily

**Why is it important?:** Government advice to eat 5-a-day has been around for almost 20 years, in a bid to keep us healthy. Eating 5 fruit and vegetables a day ensures you get good levels of fibre, vitamins and minerals in our diet. By eating a variety of fruits and vegetables each day, we fuel our body with the tiny little micronutrients, vitamins, minerals, fibre, antioxidants and other such goodness to keep our cells functioning correctly, our digestive system at optimum and our immune system firing on all cylinders. Essentially, fruit and veg is vital to healthy life and we should be eating whenever we can. On top of that in the main, fruit and veg is low calorie, relative to its volume, so filling your plate with veg is a great tactic in filling your tummy, but keeping your calorie intake down.

**What will we tell you?:** How to get your 5-a-day easily!

- 1 First of all it is important to know what constitutes one of your 5-a-day. 80g of your chosen fruit or vegetable is classed as one portion. But there are some other rules too: white potatoes don't count at all and fruit or veg juices and smoothies, and pulses can only be counted once per day, no matter how many times you eat them. You can however, count fresh, dried, frozen and tinned fruit and veg as one of your 5-a-day.
- 2 Fruit and veg makes a great portable snack, either chopped and put in a little air tight tub, or whole and popped in your bag. Take a couple of pieces in your bag with you, in case you get peckish.
- 3 Dried fruit shot packs or mini boxes are a great sweet treat whilst still being portion and therefore calorie controlled, and of course still with all the goodness. Much better than a packet of sweets.
- 4 Why not add fruit and veg to sandwiches? I love banana or apple sandwiches, and so do the kids!! Or add lots of leaves, cucumber, onion and tomato to sandwiches to bulk it up and give a tasty crunch.
- 5 Have salad ready in the fridge to serve with every meal, so that you can bulk your plate up with low calorie filling vegetables.
- 6 Base puddings and desserts on fruits – fresh berries and yogurt with a drizzle of honey makes a great dessert in summer, or warmed tinned fruit such as cherries or apples with some natural yogurt in winter.
- 7 Pack soups and stews out with veg. Adding plenty of vegetables can make your meals spin out a lot further, leaving you plenty for left over lunches or even the following nights evening meal.
- 8 Why not try having a vege day each week. Not only will you be improving your health, you will be helping the planet too!

### KEY MESSAGES

Fruit and veg is vital for keeping ourselves fit and well – keeping bugs at bay and our immune systems in tip top condition.

Fruit and veg is the best way to fill our tummies whilst keeping our calorie intake low... add them to everything and let them be your go to snack.

Did you know in Australia, it is recommended to eat 9-a-day... can you aim for that too? Don't stop at 5-a-day, just get them in wherever you can.

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