



How many of your **5** a day are you putting in your trolley?

Most people know that we should be eating at least 5 portions of fruit and veg a day, you can choose from fresh, frozen, tinned, dried or juiced.

**How many of us are eating
the right amount?**

Would you know what one portion is?

Have a look at the information below and try and include your 5 a day in your trolley when you are doing your shopping!

One portion of fruit is...

- 1 apple, banana, pear, orange or similar sized fruit
- 1/2 grapefruit, 2 plums, 1 handful of grapes
- a glass of fruit juice (150ml)

One portion of veg is...

- 3 heaped tablespoons of vegetables (raw, cooked, frozen or tinned)

(source: Food Standards Agency)
For further information about your fruit and veg portions, visit www.food.gov.uk

www.healthchallengewrexham.co.uk