

HAVE 5 A DAY



BNF
Healthy Eating
Week



Your Challenge

Have at least 5 portions of fruit and vegetables every day!

How can I get my 5 A DAY?



Add some fruit or vegetables to your breakfast



Tip: top toast or breakfast cereal with fruit or vegetables

Fresh, frozen, dried, canned and juiced* all count!



Have fruit or vegetables as a snack



Tip: dip vegetable sticks in reduced fat hummus



Have a side salad or extra vegetables with your main meals



Tip: add vegetables to sauces, stews and curries

*Limit fruit juice and/or smoothies to a combined total of 150ml per day

What will you have?

50
BNF CELEBRATING
50 YEARS 1967-2017

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