

Patient Information

Top Tips for Getting Your 5 A Day

Aim for you and your children to eat 5 portions of fruit and vegetables a day. They are low in fat and packed full of fibre, vitamins and minerals to keep you all healthy.

BREAKFAST TIPS

Add sliced banana, tinned or dried fruit (e.g. sultanas, apricots) onto yogurt, cereal or porridge. You could even add frozen fruit straight into porridge.

Try grilled tomatoes, baked beans, spinach or mushrooms on toast.

Try a bowl of tinned fruit in its juice alongside toast or cereal.

Breakfast on the run – grab a banana or a large packet of raisins!

Whatever the choice, why not add a glass of orange juice to breakfast?

LUNCH TIPS

Include a small pot of dried fruit or chopped fresh fruit into lunch boxes.

Chop vegetable sticks (carrot, courgette, pepper, celery) for dunking in a pot of salsa.

Replace crisps/chocolate in lunch boxes with a small portion of carrot cake or fruit cake.

Add fruit and vegetables to sandwich fillings e.g. egg and tomato, coronation chicken with mango/raisins, reduced fat hummus with grated carrot or ham and salad.

Make toast pizzas by topping toast with tomatoes, mushrooms, sweetcorn etc and grilling with a little cheese.

Fill up a jacket potato with fillings like spicy vegetable chilli, sweetcorn and reduced fat coleslaw or baked beans.

Vegetable or bean soups with crusty bread are great for chilly days!

SNACK TIPS

In addition to salsa, use vegetable sticks to dunk in a small pot of low fat spreading cheese or a mini pot of reduced fat hummus.

Dunk a small packet of mini-breadsticks into cottage cheese with added pineapple chunks.

Make a real fruit smoothie by liquidising mixtures of bananas, berries, kiwi, mango, pineapple etc (tinned, frozen or fresh) with milk. Add a spoon of low fat yogurt for extra creaminess.

Make a vegetable and fruit smoothie using raw kale, spinach, peas or broccoli alongside fruit (in water, fruit juice or dairy).

Mash a banana on a slice of toast or fruit bread.

Try mini-pots of dried chopped fruit (raisins, pineapple chunks, apricots) or a piece of fruit in place of sweets.

DINNER TIPS

Grate or chop vegetables into shepherd's pie, lasagne, bolognese sauce or casseroles.

Pile pizzas with extra vegetables such as peppers and mushrooms or fruits like pineapple.

Remember baked beans can also count as a vegetable and can be served with lots of different foods.

There are heaps of delicious easy to make pasta sauces based on tomatoes, onions, courgettes and peppers. Grate a small amount of cheese on top for a quick tasty meal.

Cold pasta or rice is also excellent for colourful salads in the summer combined with cucumber, tomatoes, peppers, onions, peas and sweetcorn. Why not add fruits such as raisins or some pine nuts or seeds. Just mix and match!

Try something new with vegetable kebabs

Stir fries are a quick and easy family meal. Try eating with chopsticks for extra fun!

Keep a stock of frozen or tinned vegetables (e.g. sweetcorn and peas - just as good as fresh!) and add them to the side of ready meals, your family favourites or mixed into rice as a side.

Mash potato half and half with carrot or swede.

DESERT TIPS

Create colourful fruit kebabs.

Tinned fruit in natural juice makes a quick and easy desert. Why not add low fat yogurt or low fat fromage frais to get a boost of calcium.

Add soft or cooked fruit to a scotch pancake and serve with low fat fromage frais or low fat yogurt.

Gently simmer sliced bananas in orange juice.

Heat tinned fresh pineapple in fruit juice.

Stuff an apple with sultanas and bake until soft.

Make ice lollies with fresh or long-life fruit juice.