



UCLP[®] Step 2 At Least 5-a-Day

Fruit juice and smoothies can only count once and at no more than 150ml per day.

We should all be trying to consume at least 5 servings of fruit and vegetables each day.

Fresh, frozen, canned, dried – ALL COUNT!

For an adult, one portion is roughly a handful or 3-4 tbsps or 80g of fresh, frozen or canned fruit and vegetables.



Tinned fruit in water or juice:
4 apricot halves.
2 pear halves.
2 pineapple rings etc.



1 medium pear, apple, orange, banana etc.



1/3 of an aubergine



2 small fresh fruit e.g. satsumas, clementines, plums



16 medium lady's fingers/okra



1 medium sweet potato



3 tbsps. frozen peas or other vegetables



3 tbsps. sweetcorn or other canned vegetables



A slice of mango or papaya



A bowl of salad



1 tbsp. dried small fruit or 2-3 dried apricots, pears or prunes



A handful of strawberries or other fresh or frozen berries

Reflect on what you currently eat at each meal time. Do you think you can increase your intake? Here are some easy ways to help you on your way to 5-a-day:

Breakfast

- Add a tablespoon of dried fruit, a handful of fresh or frozen berries or a small sliced banana to breakfast cereals or porridge.
- Make a smoothie by blending together 250ml soya unsweetened alternative to milk, a small ripe banana, a spoonful of peanut butter and a big handful of young spinach leaves or kale.



Lunch

- Sandwiches / wraps – can you add a bit of extra salad?
- Add vegetable sticks (crudités) and a vegetable dip (hummus, salsa or guacamole) to your lunch.
- Add fruit to yogurt.
- Bean or vegetable-based soups.
- Hearty salads.



Dinner

- Always make sure you serve your meal with at least two different types of cooked vegetables or a bowl of salad.
- Add chopped up vegetables or tinned sweetcorn or peas to your rice.
- Add chopped vegetables and beans to stews and casseroles.
- Try making vegetable soups with leftover vegetables.
- Potato topped pies. Use sweet potato instead of standard potatoes to make it count towards your 5-a-day.
- Omelettes or frittatas: make sure you add vegetables such as peas, mushrooms, spinach, chopped peppers, onions, ackee etc.
- Replace part of the meat in your recipes with beans or chopped vegetables.
- Choose fruit-based desserts e.g. baked apple, summer pudding, tinned fruit in natural juice served with unsweetened soya plain or fruit soya alternative to yogurt.



Snacks

- Fresh or dried fruit with nuts.
- Toast with unsalted peanut butter and a sliced banana.
- Vegetable sticks.