

Super easy ways to get 5+ A Day every day

The
5+A Day Est. 2007
Charitable Trust

5+ @ DAY 
fresh fruit & vegetables

For great health we need 5+ A Day, five servings of vegetables and two servings of fruit every day. Here are some easy and economical ways to get them.

The ideal plate: $\frac{1}{2}$ vegetables, $\frac{1}{4}$ carbohydrates, $\frac{1}{4}$ protein

Plate has: marinated tofu, kūmara, julienned carrot and cucumber, sliced capsicum, radish and salad leaves.



Vegetable section, mix and match with: cooked broccoli, cooked cauliflower, carrots, red onion, cooked cabbage, lettuce, tomatoes, cooked pumpkin, cooked silverbeet/ bok choy, green beans.

Carbohydrate section, mix and match with: cooked potato – baked and roasted, taro, kūmara.

Protein section, mix and match with: fish, eggs, chicken, pork, cheese, tofu, nuts, seeds, lean red meat, pulses.

Tips to eat 5+ A Day

1. Eat in season

Choose fruit and vegetables when they are in season – it's better for you and your budget.

- In-season produce is locally grown and super fresh
- You'll save money on your food shopping
- You'll have more variety in your meals
- Locally-grown produce is more sustainable



2. Mix it up

Make your 5+ A Day interesting and fun by preparing it in different ways. Try vegetables grated raw for a salad or sliced to make slaw. Or cook them using different methods – try steaming, stir-frying, roasting and boiling.



3. Think 'handfuls'

To make it simple measure servings as a handful. Adults and children use their own hands so a serving for a child is smaller than a serving for an adult.

Adults should aim for five handfuls of vegetables and two handfuls or pieces of fruit every day.



Why fruit and vegetables are great for you

Fruit and vegetables are essential to being healthy. They are great for you and your whānau because:

- They contain lots of vitamins and minerals
- They have fibre to keep our gut healthy
- They're satisfying and fill us up
- They're great value for meals and snacks
- Fruit and vegetables are natural
- They taste great!

Did you know?

The sugar in fruit is natural sugar. It's much better to have a piece of fruit as a snack than a processed snack bar or ball.



This resource was developed in partnership with Niki Bezzant, Food & Nutrition writer.



Follow @5adaynz for fresh inspiration and great giveaways. Check out our website www.5aday.co.nz for more recipe ideas.



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