



## 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?