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If you need this leaflet in another format such as audio or large print please contact Communications on 0845 155 0500.

اذا كنت بحاجة الى هذا المنشور على شكل خطوط مطبعية كبيرة او على شكل شريط كاسيت او مطبوع بهذه اللغة, يرجى الاتصال بمركز الاتصالات على هاتف رقم 0121 612 1679.

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਦਸਤਾਵੇਜ਼ ਵੱਡੇ ਛਪੇ ਵਿੱਚ, ਆਡੀਓ ਤੇ ਜਾਂ ਇਸ ਭਾਸ਼ਾ ਦੇ ਵਿੱਚ ਚਾਹੀਦਾ ਹੋਵੇ ਤਾਂ ਕਮਿਊਨਿਕੇਸ਼ਨ (ਸੰਚਾਰ) ਵਿਭਾਗ ਨੂੰ ਟੈਲੀਫੋਨ ਨੰਬਰ 0121 612 1679 ਤੇ ਫੋਨ ਕਰਨ ਦੀ ਕ੍ਰਿਪਾਲਤਾ ਕਰਨੀ।

Aby otrzymać tę ulotkę w wersji dużym drukiem, audio lub w tym języku, proszę się skontaktować z działem komunikacji pod numerem: 0121 612 1679.

اگر آپ کو یہ کتابچہ بڑے پرنٹ، آڈیو یا اردو میں درکار ہو تو براہ مہربانی ٹیلی فون نمبر 0121 612 1679 پر کال کیجئے۔ (communications) سے رابطہ کیجئے

in Sandwell
Eatwell

Eat well, look good, feel great

Sandwell **NHS**
Primary Care Trust









a day

Why '5 a day'?

Eating 5 or more portions of fruit and vegetables a day can help prevent some cancers and heart disease.

What is a portion?

Is it a grape or a watermelon?

| A portion is | | | |
|---|---|--|---|
|  | A large piece of fruit for example: slice of melon, half a grapefruit | 2-3 heaped tablespoons of vegetables |  |
| A cereal bowl full of salad | A handful of small fruit for example: two satsumas, two kiwis, grapes |  | 1 small can of baked beans (but only counts once towards your five a day) |
| A small glass of pure fruit juice (but only counts once towards your five a day) |  | 2-3 tablespoons of canned or fresh fruit, fruit salad or stewed fruit | Potatoes don't count towards your 5 a day. Starchy foods like potatoes, rice, pasta and bread are classed as carbohydrates. |
|  | A small handful of dried fruit for example: raisins or three dried apricots | A medium piece of fruit for example: apple, orange, banana |  |

Ways to 5 a day

- 1 Add fresh, dried or stewed fruit to your breakfast cereal.
- 2 Have a glass of pure fruit juice with a meal.
- 3 Eat fruit as a snack when you are out of the house.
- 4 Have a side salad with your lunch or evening meal.
- 5 Cut sticks of carrot, celery, cucumber, peppers and cherry tomatoes to have with sandwiches.
- 6 Add extra vegetables and lentils to meat dishes like curries and casserole. You could add tinned tomatoes, mixed frozen vegetables, onion, mushrooms and sweetcorn.



Remember:

Fresh, frozen, canned, dried and pure fruit juice all count towards your 5 a day.