

Are you getting enough?

Feel Good Fodder

A portion is

- 1 apple, banana, pear, orange or other similar sized fruit
- 2 plums or similar sized fruit
- ½ a grapefruit or avocado
- 1 slice of large fruit, such as melon or pineapple
- 3 heaped tablespoons of vegetables
- 3 heaped tablespoons of beans and pulses
- 3 heaped tablespoons of fruit salad or stewed fruit
- 1 heaped tablespoon of dried fruit
- 1 handful of grapes, cherries or berries
- a dessert bowl of salad
- a glass (150ml) of fruit juice

“Fruit and vegetables are low in fat and high in fibre! It is recommended we eat at least 5 portions everyday!”

How to include them everyday

Include all kinds of fruit – dried, fresh, tinned and frozen

1 small glass of fruit juice also counts as a portion

Eat fruit between meals instead of crisps and chocolate and other fatty snacks

Include all types of vegetables - raw, steamed, stir fried, boiled or microwaved

Frozen can be just as good for you as fresh and are quick and easy

Vegetables can be included in stews, soups and takeaways

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Healthy eating advice for stable and stud staff

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