

# 5 a day



Vegetables and fruit are rich in vitamins, minerals, phytonutrients and fibre, helping to keep your body healthy! Ever wondered how much you need? Eat 5 or more portions of vegetables and fruit every day!

## One portion =

3 heaped tablespoons of cooked vegetables



1 medium-sized vegetable or fruit



1 cup leafy raw vegetables



½ cup cooked or canned, beans, lentils or split peas



½ cup chopped fruit salad or canned fruit drained



¼ cup dried fruit



1 to 2 slices of bigger fruits, like papaya or watermelon



**1 portion size does not equal**

- A fruit yoghurt
- Fruit jam
- Vegetable chips
- More than 1 glass of fruit juice a day

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