

Why Eat Five a Day?



1. Five a day cuts your risk of dying early from heart disease.

You could achieve this by having fruit juice with breakfast; eating an apple, an orange and a banana every day, and having some salad with lunch. Easy!

2. Five a day helps to keep you well and means you will have fewer colds.

Eating fruit and veg rich in Vitamin C is particularly helpful. Examples include kiwi fruit, blueberries, guava, papaya, citrus fruit, kale, broccoli and green peppers.

3. Five a day helps to protect against some cancers, including bowel cancer.

A diet rich in fibre really helps with this. Veg such as cabbage, peas and beans contain lots of fibre.

4. Five a day helps build and strengthen your bones.

Calcium-rich foods help with bone development. Dried apricots, rhubarb, prunes and dark green, leafy veg such as kale and broccoli are excellent sources of calcium.

5. Five a day will help you to maintain a healthy weight.

A portion of most fruit and veg contains roughly only 50 calories, which is the same as five crisps or half a chocolate biscuit!

6. Five a day will help you to reduce your risk of stroke.

Tomatoes and citrus fruits are particularly good, but all fruit and veg will help!

7. Five a day will help to protect your eyesight.

Spinach and other green, leafy vegetables are good for eyesight, as are oranges and other citrus fruits (and juices).

