

How to get 'At least 5 a day' in the diet!!

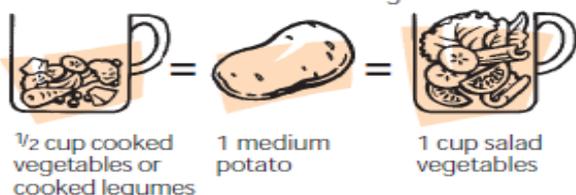
Eat 4 Health & Let's Get Going Monthly Newsletter:

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Eat Well guide recommends at least 5 servings of fruit & vegetables per day. This month's edition gives ideas on how to simply add an extra serving to the meals and snack you already eat. To begin with here's what a serving looks like:

One serve of **VEGETABLES** is 75 grams or:



One serve of **FRUIT** is 150 grams of fresh fruit or:



FRUIT IDEAS

Fruit comes in its own convenient 'wrapper'. It makes the ideal snack to pop in your bag.

Breakfast

- Add to breakfast cereal or yogurt.
- Top toast with sliced bananas.
- Grate apple or pear into pancake mix.
- Blend soft fruit like bananas, strawberries or canned fruit with skim milk, yogurt, and ice for a frothy fruit smoothie.

Snacks

- Pack fresh fruit for a quick snack at any time.
- Freeze bananas, grapes, strawberries and oranges for an icy snack.



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- Puree fruit and pour into ice-block moulds to add to drinks.

Main meals

- Include dried fruit in recipes for stuffings.
- Add fruit to savoury salads.
- Add fruit to baked fish or chicken.



- Add chopped dried fruit to couscous (e.g. apricots or apple).

Desserts

- Chop fruit into bite-sized pieces and thread onto skewers for a colourful kebab.



- Cut into pieces, add to a parfait glass with yogurt.
- Serve fresh seasonal fruit for dessert.
- Puree stewed fruit as a topping for desserts or swirl into yogurt.

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Relish the Rainbow in the Summer !!

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VEGETABLE IDEAS

Vegetables only take minutes to cook in the microwave, so add a variety to your main meals.

Breakfast

- Top toast with cooked mushrooms, tomatoes, peppers or sweet corn.
- Chop and add to an omelette or savoury pancake.
- Heat chopped leftover vegetables and serve as a topping for toast; add an egg or reduced-fat cheese for a more substantial meal.

Snacks

- Top English muffins or crumpets with diced vegetables and sprinkle with reduced-fat cheese for a quick mini pizza.
- Serve carrot and celery sticks, florets of broccoli and cauliflower, and strips of peppers with a low fat dip.
- Grate or dice onion, carrot, courgettes, potato and corn into a savoury muffin or crumpet mixture.



- Grate beetroot and butternut pumpkin to add colour to your salad or sandwich.

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Main Meals

- Make meat go further by adding extra vegetables in a stir-fry or casserole.
- Add veggies in season or legumes (eg dried beans, peas or lentils) to soups for added flavour and taste.
- Add extra veggies, dried peas, beans or lentils to recipes for: meatloaves, patties and stuffings, stews and casseroles, pies, nachos, pasta and rice dishes, pizza and pancakes.



- Always serve main meals with cooked vegetables or a salad.
- Use peppers, courgettes, pumpkin, eggplant, cabbage and lettuce leaves as edible containers with savoury fillings.



- For easy wedges, cut potato, sweet potato, pumpkin and parsnip into wedges; microwave until cooked; mix with a teaspoon of veg oil.



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