

# Alternative 5-a-day

Fruits and vegetables don't need to be fresh to be part of your 5-a-day

## Why do we need fruit and vegetables?



Fruit and veg are a good source of vitamins and minerals



They can help reduce your risk of heart disease and stroke

They're also a great source of fibre, promoting a healthy gut



They're a vital part of a healthy balanced diet

## Alternatives to fresh produce

**Dried**

**Frozen**

**Tinned/Canned**



## Benefits of these alternatives:

- Longer shelf life than fresh
- Little preparation required
- Very versatile
- Same nutritional value as fresh



## Fitting everything into a healthy diet



Your 5-a-day should be eaten as part of a balanced diet

The Eatwell Guide shows how a balanced diet is achieved, with fruits and vegetables being the biggest section and making up 40% of a balanced diet

You do not need to achieve this balance with every meal, but try to get the balance right over a day or even a week.

## The Eatwell Guide



You can explore an interactive eatwell guide on the NHS website



## More Information

Tips, guides, and ideas for getting fruit and veg into your family's diet










Guides and information on what counts, portion sizes, and why 5-a-day is needed



# Portion Guide



A portion of fresh, tinned, or frozen fruit or veg is 80 grams  
Here is an idea of what 80 grams looks like for different foods:

## Fruit Portions





-  2 plums, satsumas, or kiwi fruit
-  3 apricots
-  6 lychees
-  7 strawberries
-  14 cherries
-  1 apple, banana, pear, orange, or nectarine
-  ½ a grapefruit
-  1 slice of papaya, melon, or pineapple
-  2 slices of mango

## Fruit Alternatives

A portion of dried fruit is 30 grams, these should only make up one portion a day

-  1 heaped tablespoon of raisins, currants, sultanas, or mixed fruit
-  1 handful of dried banana chips

A portion of tinned or frozen fruit is the same as fresh, try to choose tinned fruit in natural juices


-  2 tinned pear or peach halves
-  6 apricot halves
-  2 pineapple slices
-  1 small glass of 100% fruit juice, vegetable juice, or smoothie can only make up one portion a day

## Vegetable Portions


-  2 broccoli spears
-  4 heaped tablespoons of cooked kale, spinach, spring greens, or green beans
-  3 heaped tablespoons of cooked carrots, peas, sweetcorn, swede, turnip, or parsnips
-  8 cauliflower florets
-  1½ full length celery sticks
-  5cm piece of cucumber
-  7 cherry tomatoes
-  1 medium sweet potato

## Vegetable Alternatives

A portion of tinned or frozen is the same as fresh, try to choose vegetables tinned in water

-  3 heaped tablespoons of frozen or tinned carrots, peas, sweetcorn, or mix vegetables

A portion of beans or pulses is 80 grams, but these can only make up one portion a day

-  3 heaped tablespoons of baked beans, haricot beans, kidney beans, cannellini beans, butter beans, or chickpeas

## Tips:

Potatoes do not count towards your 5-a-day

For children, a portion tends to be the amount they can fit in the palm of their hand



# PERSONALISED PORRIDGE

## INGREDIENTS

### For the porridge:

- 1 mug of oats per person
- 2 mugs of water or milk (or a mixture) per person

You can use your favourite porridge mix or recipe instead

### For the topping:

You can use any fruit for the topping, but here are some ideas for alternative fruit toppings

- a handful of frozen berries, completely thawed
- 2 tinned peach or pear halves, chopped up
- 1 tablespoon of raisins, currants, sultanas, or mixed dried fruit (high in sugar so use 1 spoon only per person)

## COST OF INGREDIENTS

**£3.08**

Porridge made with water, frozen mixed berries, and tinned peach halves

Includes left over of all ingredients  
Costs calculated using ASDA website

## METHOD

### Making porridge:

1. Tip oats and milk or water into a saucepan
2. Slowly bring to the boil, stirring often
3. Reduce the heat and simmer for 5-10 minutes until thick and creamy, stirring often

Alternatively,

1. Make up your favourite porridge according to the instructions

### Adding your toppings:

1. Add your favourite fruit toppings to your porridge, sprinkle over or stir through

### Tips:

- You can use any fruit you want, but we have given some ideas of how to use frozen, tinned, or dried fruits in your topping
- you can also add extras such as yoghurt, nuts, or cinnamon
- try new combinations and have fun with your toppings

## SERVES

As many  
as needed

## DIFFICULTY

Easy, good for  
kids to help



# TOMATO PASTA BAKE

## INGREDIENTS

- 300g of wholewheat pasta - penne or fusili work well
- 2 tins of chopped tomatoes (400g)
- 2 tins of sweetcorn
- handful of cheese for the top - optional

### Tips:

- 300g of pasta will feed 4 large portions, you can reduce this to 250g if you're making smaller portions
- lots of vegetables can be added to this meal
- a tin of tuna in water (drained) can be added to make a tuna tomato pasta bake

## METHOD

1. Preheat oven to 180°C
2. Add the pasta to boiling water and cook for 10-12 minutes (following instructions on packet) until soft
3. When pasta is cooked, pour into a large oven dish
4. Add drained sweetcorn and chopped tomatoes
5. Mix well so the sauce coats everything
6. Top with as much cheese as you want
7. Cook in the oven for about 10 minutes or until the cheese has melted and formed a bit of a crust

## SERVES

4

## DIFFICULTY

Easy

## COST OF INGREDIENTS

**£2.06**

Including left over pasta, not including optional cheese  
Cost calculated from ASDA website

# VEGGIE CURRY & RICE

## INGREDIENTS

- 280g of rice - roughly 2 1/2 mugs of rice
- jar of korma curry sauce (490g)
- 2 tins of chickpeas in water, drained
- 320g of frozen mixed vegetables

### Tips:

- any curry sauce can be used, but korma is mild if children are eating
- lots of different veg (frozen, tinned, or fresh) can be added to this recipe - pick ones you will enjoy

## METHOD

1. Boil a pan of water and cook rice according to the instructions on the packet (usually about 10-15 minutes)
2. Add jar of curry sauce to a saucepan and heat on a medium-high heat, stirring often
3. Add frozen vegetables and drained chickpeas to the sauce and stir often, cooking for 4-5 minutes
4. Serve the rice and curry together

## SERVES

4

## DIFFICULTY

Easy

## COST OF INGREDIENTS

**£2.99**

Including left over rice and frozen vegetables

Prices taken from ASDA website