

What counts towards 5 A DAY?

- Fresh, frozen, tinned, 100% juice and dried fruit and vegetables all count towards 5 A DAY
- 1 portion is about a handful
- 1 portion of fruit is, for example, - 1 medium apple, banana, orange or pear, or 2 small satsumas or 3 dried apricots
- 1 portion of vegetables is, for example, 3 heaped tablespoons of cooked vegetables such as carrots, peas or sweetcorn, or one cereal bowl of mixed salad.
- Beans and other pulse vegetables, such as kidney beans, lentils and chick peas can count, but only once a day, however much you eat. Pulses contain fibre, but they don't give the same mixture of vitamins, minerals and other nutrients as fruit and vegetables
- A medium-sized glass of 100% fruit or vegetable juice or smoothie counts, but only once a day, however much you drink, because it has very little fibre. Also the juicing process 'squashes' the natural sugars out of the cells that normally contain them and this means that drinking juice in between meals isn't good for teeth
- A portion of dried fruit counts – but other types of fruit and vegetables should also be eaten to meet the rest of the 5 A DAY target
- Potatoes don't count towards the target as they are considered a starchy food, like pasta or rice
- Fruit and vegetables in takeaways and ready meals can count towards 5 A DAY but many of these foods may be high in added sugar, salt and fat and should only be eaten in moderation
- To get the most benefit, you should aim to include a variety of fruit and vegetables as different fruit and vegetables contain different combinations of fibre, minerals, vitamins and other nutrients

To get a healthy balance, make sure that you eat a variety of at least 5 portions of fruit and vegetables a day

Fuel for Living...

Recipes and ideas to help you reach 5 A DAY



Just Eat More
(fruit & veg)



Life in the *fast* lane

Eating well and cooking for yourself may feel like the last thing you want to do after a long day at work or college or a late night. But **eating healthily doesn't have to take loads of time or cost loads of money**. Eating a healthy diet will give your body what it needs to help you keep up with your hectic lifestyles while helping to keep you fit and healthy – inside and out.

In putting this booklet together, we asked some of you what your favourite meals were – both to cook for yourself and to be cooked for you. Your top choices included spaghetti bolognese, curry and a traditional roast dinner with all the trimmings. So we've included **quick, easy and healthy recipes for some of your favourite dishes for all sorts of situations**, as well as tips on how to eat healthily when you're out and about.

It's recommended that we eat at least 5 portions of a variety of fruit and vegetables each day.

They give you plenty of vitamins and minerals.

For example, many are naturally high in folate, vitamin C and potassium. Fruit and vegetables are also a good source of fibre and other substances, such as antioxidants. These are all important for your health.

Most fruit and vegetables are also generally low fat, low calorie foods so eating fruit and vegetables instead of foods that are high in fat and added sugars makes it easier for you to keep your weight within the healthy range.

In the longer-term, eating more fruit and vegetables may help reduce the risk of the two main killer diseases in this country - heart disease and some cancers.

This booklet will help you to fit more fruit and veg into your diet and hopefully make it easier for you to reach the target of at least 5 portions a day.

Fajita Fiesta

A great social meal needing surprisingly little preparation! Impress your friends with a Fajita Fiesta....

- Serves: 4
- Preparation time: 15 minutes
- Cooking time: 20 minutes
- Cost per serving: £1.88
- 5 A DAY portions per serving: 2



Get cooking

- Heat the oil in a large pan
- Add the onion and diced chicken and cook for 5 mins
- Add the remaining vegetables to the heat and stir
- Stir in the fajita mix
- Meanwhile prepare a mixed salad of tomatoes, cucumber and lettuce leaves
- Warm the tortillas in a heated oven for 3 mins or a microwave for 1 min
- Serve all together

(v) Couldn't be easier... simply add more vegetables and ignore the chicken

Alternative ideas to jazz it up...

- Serve with a tomato salsa for extra flavour
- Provide carrot stick dips with hummus or guacamole as a starter to get you in the mood
- Use leftovers as a sandwich filler or with a baked potato



What you'll need:

1 tablespoon olive oil

4 skinless chicken breasts (diced)

1 red, 1 green, 1 yellow pepper (chopped)

Handful of mushrooms (roughly chopped)

Packet of fajita mix

8 soft flour tortillas

1 chopped onion

Salad ingredients: tomatoes, cucumber, lettuce

Top Tip:

✓ If you're less keen on the spice, serve with natural yoghurt

Did you know?

Red and yellow peppers have 4 times as much vitamin C as oranges

Easy curry

Nearly 1 in 10 of you thought curry would be the best meal someone else could cook for you... second only to the roast (see later). Here's a quick and easy way to impress your friends with their favourite food.

Food for friends

- Serves: 4
- Preparation time: 10 minutes
- Cooking time: 15-20 minutes
- Cost per serving: £1.75
- 5 A DAY portions per serving: 2

What you'll need

2 teaspoons vegetable oil

1 onion, chopped

Some garlic

2 tablespoons curry paste

Selection of your favourite vegetables, chopped (e.g. courgettes, peppers, carrots, mushrooms etc)

1 large cooking apple, chopped

600ml vegetable stock

2 x 400g cans chopped tomatoes

Freshly ground black pepper



Get cooking



- Heat a small amount of olive oil in a large pan and fry the onion and crushed garlic gently for two minutes. Add the curry paste to the onion and cook for two minutes more
- Add tomatoes, stock and seasoning
- Add the vegetables and apple and bring to the boil
- Put the lid on the saucepan, reduce the heat and simmer for 15 minutes or until the vegetables are cooked. Serve with rice, naan bread, chapatti or on top of a jacket potato

Did you know?

Your bones continue growing until your mid -20's and the best way to make sure you build healthy strong bones is to make sure you get enough calcium in your diet. The richest vegetable sources of calcium are curly kale, okra and spinach. You can also get useful amounts from red kidney beans, soya beans, peas, broccoli, cabbage, celery and parsnips, dried apricots and figs

Top Tips:

- ✓ For meat lovers, add a little lean diced beef or diced chicken at step 1. Simply cook with the onions and garlic until browned. **Remember!** Meat takes longer to cook than vegetables, so you will need to increase the cooking time to about 30 minutes
- ✓ For a different meal, you could try adding about 2 cups of lentils to your liquid. Three tablespoons of lentils count towards 5 A DAY and are a good way to get more fibre into your diet
- ✓ There is no need to spend £1 a go on jars of curry sauce when you can spend the same on a jar of curry paste (along with a tin of tomatoes every time), which will make four or five curries

Perfect Pasta

Pasta is cheap to buy and simple to cook – and it will fill you up too! Here are some tasty sauce ideas to jazz up your pasta in an instant. The quantities aren't that important in these recipes – just put in however much you like.

The following recipes:

- Serves: 1
- Preparation time: 10 minutes
- Cooking time: 15-20 minutes
- Cost per serving: £1
- 5 A DAY portions per serving: 1

Top Tips:

✓ Make a big batch of the basic tomato sauce – it will freeze well and could also be used to pour over vegetables or meat for a different meal

✓ If you have left over vegetables from a previous meal, simply add them to your basic tomato sauce. If you have a blender you can disguise the vegetables completely in the sauce

✓ You can easily add mince, diced chicken or other meat to any of these recipes if you want a change

Did you know?

According to the botanical classification, tomatoes are a fruit rather than a vegetable



Basic tomato sauce



- Chop an onion and gently brown in a saucepan in a little oil
- Add canned tomatoes (about one large can per person)
- Add black pepper to taste and some mixed herbs
- Bubble for about 10 mins (keep stirring so it doesn't stick to bottom of pan)
- Serve with a sprinkling of grated cheese

Roasted vegetables

- Pre-heat the oven to 180°C / gas mark 4
- Roughly chop vegetables of your choice into large chunks and place in an ovenproof dish or roasting tin. Most veg roast well – the only rule is the more the merrier!
- Drizzle a little olive oil and a sprinkling of mixed herbs over the vegetables and put them in the oven for about 30 minutes
- When cooked, heat up one or two tins of chopped tomatoes and heat through on the hob
- When the pasta is cooked, mix in the roasted vegetables and tomatoes and season with some black pepper

Cherry tomatoes and basil

- Wash and halve a few handfuls of cherry tomatoes – or use normal tomatoes quartered
- Place in a saucepan with a little olive oil and cook gently over a low heat with a sprinkling of seasoning
- Roughly chop a few handfuls of basil – fresh is the tastiest but can be pricey – (if you've got a garden or windowsill, you could grow your own!) - dried basil or a couple of tablespoons of pesto are a good substitute for fresh
- Once the tomatoes have softened, add the basil to the pan. You could also stir in some other veg – like sweetcorn or sliced courgette – and cheese – either mozzarella or parmesan are good with this
- Heat and serve

Garlic mushrooms, bacon and yoghurt

- Gently cook some chopped onions, button mushrooms and chopped bacon in a pan with a bit of oil
- Add some crushed garlic and cook until the onions and mushrooms are starting to soften
- Stir in a couple of tablespoons of low fat natural yoghurt
- Serve with pasta of your choice

The one pot roast

The roast came top of the list of meals that you'd like someone else to cook for you. So, to help you recreate a low maintenance version of your favourite Sunday lunch – any day of the week – with minimum washing up, here is a recipe and some helpful hints to make it extra special for your mates.

It's all in the timing...

- Serves: 4
- Preparation time: 20 minutes
- Cooking time: 40 minutes
- Cost per serving: £1.50
- 5 A DAY portions per serving: 3

What you'll need

8 chicken pieces (thighs, legs, breasts – whatever you fancy)

5 carrots

3 parsnips

2 red onions, peeled

3-4 cloves garlic

2 tablespoons olive oil

And on the side:

4 potatoes (for mashing), peeled

1 small swede, peeled

2 teaspoons margarine

100ml hot milk

4 handfuls of green beans



Get cooking

- Preheat the oven to 200 degrees C / gas mark 6
- Put the chicken pieces in a large roasting tin
- Peel and chop carrots, parsnips and red onions (it doesn't really matter how you do this – big chunks will make your dish seem more rustic) and add to the roasting tin
- Peel and crush the garlic and add to the tin or simply add the whole cloves
- Pour a bit of olive oil over the chicken and vegetables and put the whole lot in the oven
- Cook for around 40 minutes or until the juice runs clear when you put a skewer in the chicken pieces



For the mash

- Peel and chop the potatoes and swede and put together in a large pan of boiling water for 20 minutes or until they are soft
- Drain the water from the potatoes and swede
- In the same pan (for minimum washing up) mash the potato and swede together with a little hot milk, a small knob of butter and seasoning

Why not

- Add some green beans on the side – either steam them or add them to boiling water for a few minutes. They'll brighten up your dish and add to your 5 A DAY
- Add some finely chopped spring onions or some chopped fresh herbs to the mash
- Serve the mash, chicken and vegetables all together

Juice it up

- To make real gravy pour the juices from the roasting tin into a saucepan (try to skim off any excess fat) and stir in about a tablespoon of flour. Once the flour is mixed in, slowly add about 2 cups of the leftover water from your vegetables and a stock cube. Bring to the boil then reduce the heat and simmer, stirring, until it starts to thicken

Did you know?

Parsnips were first cultivated during Roman times. They were served as dessert with honey and fruit

Top Tip:

- ✓ Adding fruit and vegetables helps to 'bulk out' a meal without adding a lot of extra calories



Spag Bol

Spaghetti bolognese is an old favourite – our research shows it's one of the most popular dishes to both cook and eat with friends. Try this easy version of the well-known meal and get 2 portions of your 5 A DAY at the same time.

- Serves: 4
- Preparation time: 10 minutes
- Cooking time: 30 minutes
- Cost per serving: £0.83
- 5 A DAY portions per serving: 2 per serving

What you'll need

1 tablespoon vegetable oil

1 onion (chopped)

1 x 400g can chopped tomatoes

4 medium sized carrots (diced)

A handful of mushrooms, quartered

1 cup frozen peas or 1 small can peas

1 clove garlic (crushed or finely chopped)

2 pinches mixed herbs

400g extra lean mince or quorn (v)

2 tablespoons tomato puree

400g spaghetti (check packet for cooking instructions)

Freshly ground black pepper



Get cooking



- Heat the oil in a large pan
- Add the onion and garlic and cook for 2 mins
- Add the mince/quorn and cook over a high heat, stirring for a further 3 mins or until meat is brown
- Add the carrots and cook for 2 mins
- Add mushrooms, peas, mixed herbs, tomatoes and tomato puree, cover and simmer for approximately 25 mins

(v) For a mouth-watering vegetarian bolognese, add 4 cupfuls of red lentils to the pan instead of the mince. Lentils absorb lots of water so check the pan and add water if required

- Boil spaghetti for 8 mins or according to the pack instructions – you could try the old trick of chucking a small strand of the spaghetti at the wall – if it sticks it's cooked!
- Drain the pasta and serve with your delicious sauce on top
- Serve with a side salad for extra health benefits

And there's more

Chill out

- Add a tin of kidney beans to the bolognese and a pinch of chilli powder to transform it into an effortless Chilli Con Carne – best with rice or a jacket potato instead of pasta

Lasagne

- **Transform** the bolognese sauce into a lasagne in an instant. You will need white sauce and lasagne sheets. Simply spread a layer of bolognese sauce on the bottom of a large oven dish, cover with a layer of white sauce and place a layer of lasagne pasta sheets on top. Repeat until you have built up two or three more layers and top with a little grated cheese. Cook it in a pre-heated oven (200C/gas mark 6) for about 30 mins. Check the pasta's cooked and serve with a large side salad

Top Tip:

- ✓ A small can of kidney beans counts as 1 portion of your 5 A DAY



Food on the run

If you're on a night out or in a hurry it's easy to grab food on the run to save time or to fill that gap. But how do you make that kebab or burger better for you without having to ditch it all together? Read on to find out...

- **Go large on salad** by adding it to your burger or kebab. A cereal bowl of salad counts as one portion towards 5 A DAY
- **Veg out with your pizza** - choose one that has lots of vegetables on it or add extra vegetable toppings. Onions, sweetcorn, mushrooms, peppers and tomatoes are all delicious on pizza and all count towards 5 A DAY
- **Fill up with a steaming jacket potato**. Load your spud with sweetcorn, vegetable chilli, or baked beans. The potato won't count towards 5 A DAY but the filling will
- If you're treating yourself to a meal out, try to choose at least one course that contains **fruit and vegetables**
- On the side - why not choose to have a **side salad or vegetables** to accompany your meal?
- Traditional tucker - if you're craving fish and chips **try some mushy peas on the side** - they count towards 5 A DAY
- **Snack on a sarnie** - sandwiches are easy to grab when you're out - try looking out for options filled with salads or vegetables

Top Tip:

✓ It's easy to confuse thirst and hunger - often when you think you're feeling hungry, your body actually wants fluid. A glass of fruit juice helps to re-hydrate as well as providing important nutrients

It's Stir Fryday!

Stir fries are a quick and easy way to eat healthily - and the best bit is that you can make it up as you go. Choose your own ingredients and experiment with new combinations.

- Serves: 4
- Preparation time: 10 minutes
- Cooking time: 10 minutes
- Cost per serving: £1.35
- 5 A DAY portions per serving: 2

What you'll need

- 1 tablespoon oil
- 1 onion
- 4 skinless chicken breasts (diced)
- Selection of chopped vegetables - choose your favourites. Try to chop the vegetables into the same sized pieces
- 2 tablespoons soy sauce - or try Chinese five spices, chillies or even curry powder
- Vegetable stock cube
- Packet of bean sprouts - optional
- 200g rice



Get cooking

- Cook the rice according to the pack's instructions
- While the rice is cooking, heat the oil in a large pan or wok
- Add the onion and diced chicken and cook for 5 mins
- Add the remaining vegetables to the heat and stir
- Add a little water and the soy sauce or spices to flavour
- Dissolve the stock cube in a cup of boiling water then add to the pan and heat for a further 5 minutes
- Drain the rice and serve with your delicious stir-fry onto 4 plates



Burning the candle at both ends

1. Energy boost

If you've been working long shifts or burning the candle at both ends, the hours can mess up your body clock and leave you feeling shattered. One thing that will help to keep your energy levels up is to choose foods that release energy gradually.

Bananas or dried fruit like raisins or dried apricots provide a steady supply of sugar giving longer lasting energy. It can be tempting to go for high sugar foods that give you a quick blood sugar rush but this is quickly followed by a crash, which makes your energy slump.

Did you know?

Zinc helps the body heal wounds, which means that if you suffer from spots it's important to eat plenty of foods rich in zinc to help your skin heal. Green vegetables, beans and pulses, figs and dried apricots provide useful amounts of zinc

2. Exam fever

If it's exam time and you need to concentrate hard on revision, here are some ideas to get some brain food into your diet:

- Make sure you've got enough iron in your body. A lack of iron can make it difficult to concentrate and shorten your attention span – not good news if you're trying to revise. Green leafy veg like watercress or spring greens, broccoli and pulses (like kidney beans) and dried fruit such as raisins and figs are a useful source of iron
- Vitamin C can also help you absorb the iron in your body, so have a glass of orange juice with your meal
- When you're stressed you're more vulnerable to colds and other infections – eating plenty of fruit and veg, particularly those that are rich in vitamin C, will help keep your immune system strong

3. The morning after the night before...

Feeling fragile? After a night on the town, many people crave fatty or high sugar foods. Here are some easy ways to help you beat off those unhealthy cravings and make you feel more lively:

- Eating foods that are naturally high in vitamin C can give your tired body a boost – oranges, grapefruits, kiwi and strawberries make great juices and smoothies and they have a high vitamin C content. Or try tomato juice as a good alternative to orange juice
- Bananas are a particularly great cure after a heavy night as they help to satisfy the craving for sweet foods. Try putting a banana in your smoothie – it's a great way to use up any fruit that may be overripe

Drinking a lot can make you look bad, feel sluggish and won't keep you on top form. To keep this from happening men should drink no more than 3-4 units of alcohol a day (a unit is a small glass of wine or half a pint of normal strength lager) and women should drink no more than 2-3 units. This is true for everyday drinking or when you're out at weekends so you can't 'store up' all your units and use them in one go - that's bingeing!



One pot wonder

The best thing about this meal is that you can use whatever vegetables you have to hand. If vegetarian foods aren't your thing, just add some diced meat to the pot – whether it's chicken, beef or lamb. The ingredients below are just a guide.

- Serves: 4
- Preparation time: 15 minutes
- Cooking time: 1 hour
- Cost per serving: £1.50
- 5 A DAY portions per serving: 2

What you'll need

- 2 medium onions
- 4 medium carrots
- 1 small swede
- 2 medium parsnips
- 2 medium leeks
- 1 clove garlic, crushed or finely chopped (you could cheat and buy some garlic granules or paste, or simply leave it out all together)
- 1 tablespoon dried mixed herbs
- 300ml vegetable stock
- 1 tablespoon plain flour
- 4 large potatoes, thinly sliced
- 1 tablespoon polyunsaturated margarine
- Freshly ground black pepper



Get cooking



Step 1

- Preheat the oven to 190 °C / gas mark 5. Chop the vegetables into chunks and arrange in layers in a large casserole dish (except the potatoes). If you don't have a casserole dish, you can put them into a saucepan and cook on the hob
- Season the vegetable layers lightly with black pepper and sprinkle them with garlic and chopped herbs as you go

Step 2

- Boil 300ml water and add the stock cube. Add the flour to the stock and pour over the vegetables
- Arrange the potatoes in overlapping layers on top. Dot with a small amount of butter and cover tightly

Step 3

- Cook in the oven (or on the hob) for about an hour, or until the vegetables are tender
- Remove the lid from the dish and cook for a further 15 minutes until the top layer of potatoes is golden and crisp at the edges
- Serve and enjoy!

Did you know?

You probably remember being told as a child that eating carrots would help you see in the dark – and it's true - carrots are a good source of beta carotene, which our bodies turn into vitamin A, and vitamin A is important for night vision

Top Tips:

- ✓ If you want to add meat to this meal, gently brown the diced meat first, then add to the casserole dish with the raw vegetables. The meat will be very tender if cooked slowly and will soak up all the flavours from the vegetables



Meals *in a hurry*

Whether you are rushing out or tired after a long day, the thought of preparing a healthy meal from scratch can often be the last thing you feel like doing.

Before you reach for that takeaway menu, check out these quick and easy meals which you can knock up in the same time it takes pick up the 'phone or microwave a ready meal – and they're cheaper too!

- Keep frozen **pizza** bases in the freezer. You can easily create a healthy and tasty pizza by topping them with tomatoes, onions, red or green peppers, ham, mushrooms, canned sweetcorn or anything else you have in your fridge. If you don't have any pizza bases, you could use a bagel or an English muffin
- **Omelettes** are quick and easy and can be filled with anything you like. Just crack the eggs into a small bowl (about 2 eggs per person), add a couple of tablespoons of milk and some black pepper. Beat the eggs until they are well mixed. Adding chopped onions, peppers and mushrooms to your omelette will help you reach your 5 A DAY target. Heat a small amount of oil in a pan and once the oil is hot pour in the egg mixture. As the egg begins to cook, lift up the edges with a spatula so the uncooked egg can flow under the cooked portion. Cook until it's light brown, fold it in half and serve. If it falls apart, call it scrambled egg!

- **Ratatouille:** this may sound tricky but is just another name for a simple vegetable stew. Chop a selection of your favourite vegetables into bite sized pieces. Heat a little oil in a saucepan and once hot add the vegetables and cook for 5 minutes. Add a large can of tomatoes and some herbs (fresh or dried). If you like your food hot you can even add a little chilli. Reduce heat and cook for 10-15 minutes. Serve it in a jacket potato or with a grilled chicken breast or fish and some crusty bread to mop up the juices

Keep energised

Snacking on fruit and veg like carrot sticks and strips of red pepper can keep hunger at bay and because both fruit and veg are low-fat, low calorie foods, including them in your diet can help keep you trim.

Did you know?

The B vitamins are vital for energy production, keeping the brain, nerves, blood and muscles functioning and skin, nails and hair healthy. Some of the B vitamins are found in bananas, peas, beans, lentils and leafy greens.



Bonza breakfast

Breakfast is the most important meal of the day. It provides you with energy for the day. And if you miss it, it's not going to help you lose weight. Research shows that eating breakfast can actually help people control their weight. Here are some ideas to help you kick start your day.

Porridge

You can get a 1kg bag of porridge oats for well under £1, and a bowl of porridge is a really filling meal to start the day. The traditional Scottish way to make porridge is with water and a pinch of salt. If you're not a fan of that, try making it with milk and a teaspoon of honey. Add a sliced banana or some other fresh or dried fruit for variety.

Bananas

- If you really can't face eating anything in the morning, blend up a banana with some milk and yoghurt to make a healthy smoothie. Try adding a tablespoon of peanut butter to boost protein levels
- Bananas contain dietary fibre, which helps to keep your digestive system working well. Bananas are a firm favourite with sportsmen and women because they contain slow release carbs which help to boost energy levels
- If you haven't got time for a proper meal, a banana sandwich makes a quick and healthy snack
- Bananas are rich in potassium which can help lower blood pressure

Full English

An old time favourite and a great way to get veg into your breakfast. Add baked beans, 3 tablespoons of cooked mushrooms and a tomato and you've already ticked off 3 portions. Grill it rather than fry it for the lower fat option.

Did you know?

Breakfast can provide you with 25 percent of your daily nutrients. Eating a healthy breakfast can help boost your mental and physical performance throughout the day

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Sneaky Snacks

Revitalise your brain and your body with a 5 minute snack break. Here are some ideas to make sure your snack hits the spot:

- If you can't stomach breakfast in the mornings, just take a banana with you in your bag and eat it during the morning to kick-start your morning metabolism. Sports enthusiasts rely on this potassium-packed high energy fruit which will help keep your hunger pangs at bay until lunch
- Dried fruits provide a steady supply of sugar giving longer lasting energy
- No preparation time? Just heat up a can of baked beans with toast or a jacket potato for lunch and tick off another 5 A DAY portion
- Chopped apple and yoghurt can refresh and boost your energy levels in the middle of the day
- Carrot sticks or slices of pepper are excellent snack food and can hold off hunger during the day
- Smoothies are an easy way of upping your fruit intake. If you don't have a blender you can just mash the softer fruits like strawberries and bananas.
- Try keeping a supply of cherry tomatoes or easy peel fruit in your desk drawer or bag and snack on these instead of eating chocolate or crisps

Top Tip:

✓ The secret to healthy snacking is to choose your snacks wisely – fruit (fresh, canned or dried) is a great choice. Try keeping a small bag of dried fruit in your desk at work or in your bag so you've always got a healthy snack at hand when you need one. Fruit smoothies or raw vegetables served with hummus or guacamole are another healthy choice

