



## Vitamins and Minerals

# Week One

Fruit and vegetables should make up over a third of the food we eat. We should eat at least 5, ideally 7 portions of a variety of fruit and veg each day.

Choose from fresh, frozen, tinned, dried or juiced. A portion is 80g or any of these: an apple, a banana, a pear, an orange or other similar-sized fruit, 3 heaped tablespoons of vegetables, a dessert bowl of salad, 30g of dried fruit or a 150ml glass of fruit juice or smoothie.

Remember, fruit juice and smoothies are a source of natural sugars, so these need to be limited, no more than a combined total of 150ml per day.

Fruit and vegetables are a good source of vitamins, minerals and fibre. So they are good for healing wounds, building strong bones and teeth, making blood, and keeping our brain working.

Fruits and vegetables contain anti-oxidants, which have been shown to reduce the chances of cardiovascular disease, and helps to prevent some types of cancer.

This next week at South Avenue Primary School, we are asking, the staff and pupils, to eat the healthy fruit and vegetables from their dinner.