

Brakes guide to Your 5 a day

Fruit and vegetables – 5 a day

Most people know they should be eating more fruit and vegetables but as a nation, we still don't eat the recommended 5 portions each day. Help your customers increase their fruit and vegetable intake by serving them with all your meals. You can choose from fresh, frozen, dried, canned or juiced varieties, they all count towards 5 a day.

Vegetables should make up about a third of the plate coverage. Frozen vegetables are often thought to be less nutritious than fresh which is just not true. Frozen vegetables are frozen within a few hours of being harvested which helps retain the nutrients. Frozen vegetables can also help you eat seasonally as they are harvested and frozen in season, such as peas.

Hints and tips

You could save money by reducing the meat in your meals and bulking it out with more vegetables such as onions, carrots and swede in soups, casseroles and stews

Use imperfectly shaped vegetables in dishes to save money but maintain the same nutritional quality

Add flavour to foods without using salt. Try our micro herbs – red chard, red mustard frills, amaranth, purple basil, garlic chives and salad rocket

Use fruit and vegetables to add colour to plates and always garnish meals. Red and yellow peppers, carrots and salad leaves add colour to main meals whereas blueberries, raspberries and strawberries look great as a dessert garnish

Fruit is a great snack such as fresh apple bags (C 114607) and apple and grape bags (10677) or even dried fruit such as sultanas and raisins (A 88830) and apricots snack bags (A 88829)

Fruit salads are pre-prepared to save you time and can be used as a snack or dessert option

Serve 100% fruit juice, this counts as a portion too!

Don't overcook fruit and vegetables. Steam or microwave vegetables to preserve nutrients. Use as little water as possible then re-use this water for stocks or in sauces

Don't keep vegetables on a hot plate too long, nutrients can diminish very quickly so cook vegetables regularly in batches



Increase the fruit and vegetable content at your meal times



BREAKFAST

- Dried fruit, juices, fruit salad, prunes, grapefruit.
- Mushrooms, tomatoes, beans



LUNCH

- Salad
- Vegetables as accompaniments
- Fruit salad



DINNER

- Soups,
- Vegetables within meals – stews/casseroles
- Vegetables accompaniments
- Fruit within desserts



SNACKS

- Fresh fruit
- Dried fruit
- Smoothies
- Office fruit baskets