

Name:

Healthy Eating Week 5 A DAY tracker

Keep a note of your 5 A DAY this week. Aim to have (at least) 5 A DAY every day!

	Mon	Tue	Wed	Thu	Fri
Breakfast					
Lunch					
Dinner					
Snacks					
TOTAL					

5 A DAY – what counts?

- 80g of fruit and vegetables counts as one portion.
- A 30g portion of dried fruit counts as one portion.
- 150ml of fruit/vegetable juice counts as a maximum of one portion.
- 80g of beans and pulses counts as a maximum of one portion.

Reflect on your choices this week. Did you have at least 5 A DAY every day? Did you choose a variety of different fruit and vegetables? What improvements could make in the future?