

Eden Foodservice

Nutrition Update 6:

5 A DAY

At Eden Foodservice, we ensure that our menus offer a colourful variety of fruits and vegetables to help pupils on their way to achieving their 5 A DAY.

What is 5 A DAY?

The '5 A DAY' Campaign was introduced to encourage people to eat at least **five portions of fruit and vegetables per day**. 5 A DAY is based on advice from the World Health Organization, which recommends eating a minimum of 400g of fruit and vegetables a day to **lower the risk of serious health problems, such as heart disease, stroke, type 2 diabetes and obesity**.

5 Reasons to eat 5 A DAY:

- ✓ Fruits and vegetables are a great source of vitamins and minerals
- ✓ They are an excellent source of dietary fibre which promotes healthy digestion and reduces the risk of bowel cancer
- ✓ A diet rich in fruit and vegetables will reduce the risk of heart disease, stroke and some cancers
- ✓ Fruit and vegetables contribute towards a healthy, balanced diet
- ✓ They taste delicious and there's so much variety to choose from!

What counts?

To get the most benefit from your 5 A DAY, ensure that you include a **variety of different fruits and vegetables**. This is because different fruits and vegetables contain different combinations of fibre, vitamins, minerals and other nutrients.

Almost all fruits and vegetables count towards your 5 A DAY, including:

- ✓ Fresh, frozen, canned, dried and juiced fruit and vegetables
- ✓ Fruit and vegetables cooked in dishes such as soups, stews or pasta dishes
- ✓ Beans and pulses; these only count as one portion a day, no matter how many you eat. That's because although they are a good source of fibre, they contain fewer nutrients than other fruits and vegetables.
- ✓ One glass (150ml) of unsweetened 100% fruit or vegetable juice; this only counts as one portion a day, even if you have more. This is because fruit juice does not have as much fibre as whole fruits and vegetables. Crushing fruit into juice also releases sugars which can damage your teeth.
- ✓ One glass of smoothie (150ml) containing two different varieties of fruit/vegetable pulp can count for 2 portions of your five a day

- ✗ Potatoes and cassava don't count because they mainly contribute starch to the diet

For adults, one portion of fruit or vegetables is approximately 80g or 30g of dried fruit.

Portion sizes are different for children and depend on their age and size. As a rough guide, one portion is the amount that fits into the palm of their hand.

How do Eden Foodservice help pupils on their way to achieving their 5 A DAY?

- ✓ Our school lunches offer pupils a minimum of 2 of their 5 A DAY, and this doesn't even include the vegetables we pack into main meals and our fruit desserts
- ✓ Variety is key – a variety of different fruits and vegetables are available throughout the week which contributes towards the fibre, folate, vitamin A and vitamin C content of the average school lunch
- ✓ Fresh fruit salad is available daily
- ✓ Our menu includes two fruit desserts per week which contain at least 50% fruit
- ✓ We 'sneak' in plenty of vegetables where we can to enhance the amount of vitamin C, folate and antioxidants pupils are getting; for instance, by making our tomato based pizza sauce with a blend of six different nutrient-rich vegetables
- ✓ Our catering team are trained to offer regular encouragement for pupils to take and eat a full, well-balanced meal by selecting a food from each food group, including fruit and vegetables!
- ✓ Our Nutritionists and Craft Trainers run regular nutrition workshops in our schools, in order to engage students and increase their knowledge of a healthy lifestyle

If you require any information regarding school meals please do not hesitate to contact your local Eden Foodservice office.

Best Regards,



Amy Glass
Company Nutritionist