

name: _____

5-a-Day Portions chart



1 Portion =

- 1/2 Glass of fruit juice OR
- 1 Medium sized fruit OR
- 1 Cup of salad OR
- 1 Handful of raisins OR
- 1/2 Cup of corn

Eat plenty of vegetables and fruit everyday for better health!



Portions Mon Tues Wed Thurs Fri Sat Sun

1							
2							
3							
4							
5							
+							

This chart will help you make 5-a-Day more achievable. Simply mark the box with a tick or cross for each portion of fruit or vegetables you eat each day. Do this every day and see if you can get to 5 for each day of the week. If you eat more than 5 in one day, mark the + box and you can help fill in days where you did not manage to reach your 5 portions. Above all, enjoy the activity - it is a step towards better health and making a positive lifestyle change!

