




































	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Snack							Apples can be great snacks!
Lunch				Add a side salad to your lunch			
Snack		Why not swap your snack for carrot sticks					
Dinner					Can you put one more veg in your main meal		
Veg eaten	    	    	    	    	    	    	    
Drinks	Aim for 6-8 glasses of water a day						

Portion sizes

EVERYONE SHOULD HAVE AT LEAST 5 PORTIONS OF FRUIT AND VEG A DAY

1 adult portion (80g)



A rough guide for children: 1 portion is the amount they can fit in their hand



Snack Swaps

SWAPPING YOUR SNACKS CAN BE AN EASY WAY TO GET ONE MORE PORTION OF VEG INTO YOUR DAY! WHY NOT TRY....

1 Cup of sliced Carrot



Cucumber and Pepper Sticks



Roasted Cauliflower



Pumpkin Soup



WHAT COULD YOU SWAP?.....

Fun Fact

FROZEN AND TINNED VEGETABLES CAN COUNT TOWARDS YOUR 5+ A DAY



Just One More

IN PARTNERSHIP WITH

food
wise
leeds

Leeds
CITY COUNCIL