

Nutrition Basics

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In a world where the advice on what is healthy seems to change almost daily, deciding what to eat can get confusing. From lean protein to enjoying your five a day, read our top tips for maintaining great nutrition, no matter your dietary choices



Getting your five a day

From fruit and veg to beans and pulses, how to pack in more vitamins, minerals, fibre and plant nutrients

Getting your five a day

The famous five should naturally make up around one third of your daily diet, ideally in three portions of vegetables and two of fruit – veg tends to be more nutrient-dense and lower in sugar than fruit, although both are rich in a variety of vitamins, minerals, fibre and plant nutrients (also known as phytonutrients).

Do all kinds of fruit and vegetable count?

Yes, whether they are fresh, frozen, tinned, dried or pureed. Here are some top tips for getting your five a day:

- Beans and pulses, such as kidney beans, chickpeas and lentils, all count – they're also rich in fibre and protein so can help to keep you feeling full
- Fruit and vegetable juices and smoothies count as a maximum of one portion a day (one portion = 150ml), no matter how much you drink, as they are naturally lower in fibre and higher in sugar and acid.
- Starchy vegetables, such as potatoes, yams and cassava, do not count.

What counts as a portion?

One five-a-day-worthy portion of fruit or veg is around 80g. This equates to roughly: a whole, medium-sized fruit e.g. banana, orange, nectarine; a handful of berries; half an avocado, one average slice of melon, two slices of mango; three heaped tablespoons of chopped vegetables or cooked pulses; one heaped tablespoon of dried fruit.