

GETTING TO YOUR FIVE A DAY DURING LOCKDOWN

It is difficult in the current lockdown to get to the supermarkets or even local butchers and greengrocers to get our weekly shops. Some of us are in isolation for different reasons and are relying on food deliveries from shops or family, friends or neighbours. This has meant we don't always get what we would normally purchase or enough of a variety of food.

Now more than ever it is important to nourish our bodies... so we are here to put your minds at ease and let you know that it is easier to get your 5 a day than you might think.

WHAT DOES A PORTION LOOK LIKE?

- Fresh, frozen or tinned fruit and vegetables - 80g or two handfuls
- Dried fruit - 30g
- Beans, chickpeas, lentils - 80g (only one portion per day counts)



HOW CAN I INCORPORATE THIS INTO A LOCKDOWN DAILY MENU?

- Have fruit or vegetables as snacks
- Include some beans or pulses in one of your meals
- Base dishes such as pasta sauces, chilli, stews, soups on vegetables
- Most meals would benefit from a side salad, used mixed leaves to get the most nutrients from your food





An example menu for easily incorporate your five a day into your daily lockdown menu



Breakfast

Porridge oats with semi skimmed milk, 80g of defrosted frozen berries and sprinkling of cinnamon

Mid-Morning

30g of dried mixed fruit and a small natural or Greek yogurt

Lunch

Jacket potato with 200g baked beans, 25g of grated cheddar cheese and a side salad of mixed leaves, cucumber, tomatoes and red onion

Mid-Afternoon

80g of vegetable sticks with homemade hummus

Dinner

Spaghetti Bolognese (made for the family with lean mince beef, turkey or Quorn, 320g of mixed carrots, courgette and mushrooms, two tins of tomatoes, 4 tbsp of tomato puree and Italian herbs).