



Take part in **Fruity Friday** on **16 May 2014** and do your bit to help prevent cancer!

Visit www.FruityFriday.org to find out more.

5 A DAY - KNOW YOUR PORTIONS



1 whole medium-sized fruit e.g. banana chopped up and mixed in with porridge



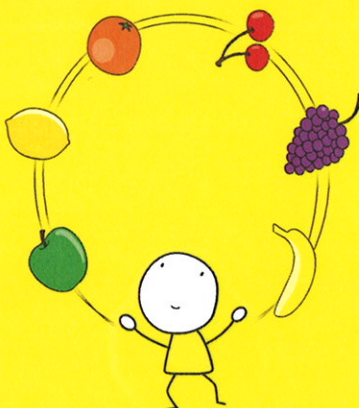
1 handful of tiny fruits e.g. blueberries or 2 small fruits e.g. kiwi fruits as a healthy snack



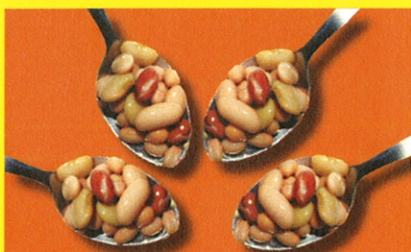
1 tablespoon of small dried fruits e.g. raisins or 3 large dried fruits e.g. apricots added to cereal



1 piece of large fruit e.g. a slice of melon as a refreshing dessert



3 handfuls of small vegetables e.g. sliced mushrooms included in a pasta sauce



3-4 heaped tablespoons of pulses e.g. cooked mixed beans added to a casserole (only counts once per day)



1 cereal bowl of salad with a jacket potato



1 glass of pure fruit juice (150ml) with breakfast (only counts once per day)

Each of the above is one adult 5 A DAY portion.
Remember: fresh, frozen, canned, dried and juiced all count.

Scan to find out more



Fruity Friday is part of WCRF UK's Cancer Prevention Week (12-18 May 2014)

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"Stopping cancer before it starts"