



THE BRITISH DIETETIC ASSOCIATION

The Professional Association for State Registered Dietitians

5th Floor, Charles House, 148/9 Great Charles Street Queensway, Birmingham B3 3HT



Media Release

5 Times A Day - The Healthier Way

As part of Food First's 'Give me 5' month this June, The British Dietetic Association has come up with a 5 day menu plan. The plan shows just how easy, tasty and nutritious it is to eat five portions of fruit and vegetables every day as part of a varied and balanced diet.

The menu plan includes all types of vegetable and fruit products - fresh, frozen, canned, dried and juice, as dietitians agree all these count towards the five a day. The menu also describes just what is meant by a "portion", as many people remain confused about this question.

Besides being low in calories and a good replacement for high calorie, low nutrient snacks, the health benefits of eating a variety of fruit and vegetables include protection against heart disease and a reduction in the risk of certain types of cancer. The menu features dishes such as grilled chicken breast with oven roasted mixed vegetables, but also incorporates traditional family favourites such as shepherds pie.

On the launch of the 5 day menu plan, Luci Daniels Vice-Chairman of The British Dietetic Association said: " We hope this menu will give people ideas on how easy it can be to include more fruit and vegetables in their diet. With the average intake of fruit and vegetables in the UK at just three portions daily, this menu gives practical guidelines on how to squeeze in an extra portion or two".

Throughout Food First month in June, State Registered Dietitians will be organising local 'Give me 5' fruit and vegetable activities with members of the public across the UK.

Notes to Editors:

1. For further information about 'Give me 5' and local activities contact:

- The dietitian at your local hospital or health centre.
- The British Dietetic Association's website www.bda.uk.com

2. Food First month is a food awareness campaign run by The British Dietetic Association. The 'Give me 5' campaign is now in its fourth year and aims to raise awareness of the health benefits of eating five or more portions of fruit and vegetables as part of a balanced diet. Food First 2001 is being supported by Birds Eye (primary partner) and Marks and Spencer (secondary partner).

3. The British Dietetic Association, founded in 1936, is the professional association for State Registered Dietitians (SRDs) in Great Britain and Northern Ireland. Members of the Association hold a degree or recognised post-graduate diploma in nutrition and/or dietetics. The British Dietetic Association is the nation's largest organization of food and nutrition professionals. It has approximately 4,500 members of which around half are employed in the National Health Service. The remaining dietitians work in education, industry and research settings or as freelance consultants. State Registered Dietitians interpret and translate the science of nutrition into a practical way of promoting nutritional well-being, disease treatment and the prevention of nutrition-related problems.

State Registration is awarded by the Dietitians Board of the Council for Professions Supplementary to Medicine (CPSM), under the Professions Supplementary to Medicine Act 1960, and is an indication that a dietitian is competent to practice, and must work within the Statement of Conduct issued by the Dietitians Board. The general terms 'nutritional therapist', 'dietary therapist', 'nutritionist' or 'nutrition consultant' do not indicate eligibility for State Registration.

4. What is a portion?

- Vegetables, raw, cooked, frozen or canned - 2 tablespoonfuls
- Salad - 1 dessert bowlful
- Medium fruit e.g. apple, orange, banana - 1 fruit
- Very large fruit e.g. melon, pineapple - 1 large slice
- Small fruit e.g. plums, apricots, satsumas - 2 fruit
- Raspberries, strawberries, grapes - 1 cupful
- Fresh fruit salad, cooked or canned fruit - 2-3 tablespoonfuls
- Dried fruit - ½ -1 tablespoonful
- Fruit or vegetable juice - 1 glass (150 mls)

Remember all five types count - fresh, frozen, canned, dried or juice. Children may need smaller portions. Potatoes aren't included as they count as a starchy food, not a vegetable.

5. What types count ?

Fresh, frozen, canned, dried and cooked fruit and vegetables

Fruit juice

Beans and pulses

Fruit and vegetable based dishes/meals

e.g. pizza, curry, fruit crumble

All these count

Only counts once per day -
however much is drunk

Count - but only once a day

Do count - as long as they contain
a good portion of fruit or vegetables

So what can't you count towards five a day.

Starchy foods such as potatoes, spaghetti and other types of pasta are really healthy foods to eat, but don't count as a vegetable. Foods and drinks such as fruit squashes, jam, tomato ketchup can't count - they just don't contain enough fruit or vegetable.

The Food First, 'Give me 5' Menu Plan

Here's The British Dietetic Association's 5 day menu plan showing just how easy, tasty and nutritious it can be to include five or more portions of fruit and vegetables as part of a varied and balanced diet.

Remember all five types of vegetables and fruit count - fresh, frozen, canned, dried and juice for 5 Times A Day, the Healthier Way.

The number of portions of fruit and vegetables provided in the plan are shown in brackets.

The 'Give me 5' Menu Plan

- Important to include as part of a balanced diet - 300 - 600ml (½ - 1 pint) milk each day.
- If you find this plan easy to do why not squeeze in just one extra portion of vegetables or fruit each day
- Still feeling peckish between meals and don't need to lose weight? Go for extras such as :
Toast or crumpet & low fat spread & jam or low fat soft cheese, bread roll, fruit & low fat yoghurt, plain biscuits, e.g. rich tea or ginger, pitta bread & hummus, crispbread spread with peanut butter, tea cake, English muffin, raisin bread & jam, scone & jam, small slice cake, pretzels, popcorn, corn chips and salsa. Even the odd small bar of chocolate or packet of crisps.
- If you like alcohol - enjoy in moderation

Day 1

Breakfast	Toast or a roll with grilled bacon and 1 large tomato or 2 tablespoons of canned tomatoes (1) & glass orange juice (1)
Light meal	Pitta bread filled with hummus, smoked lean meat or cheese & plenty of mixed salad (1).
Main meal	Shepherds pie, spaghetti bolognese or chilli including vegetables such as onions, carrots, peas, tomatoes or mushrooms (1) with an extra 2 tablespoons of vegetables (fresh, frozen or canned) or bowl of mixed salad (1).

Day 2

- Breakfast Bowl of cereal & semi-skimmed milk & a handful of dried fruit (sultanas, apricots etc) (½).
Toast, spread with low fat spread and jam, marmalade or honey
- Light meal Tuna and salad sandwiches (½). Yoghurt & fresh fruit, such as apple, pear or banana (1).
- Main meal Glass of tomato juice or other vegetable or fruit juice (1). Grilled chicken breast & boiled rice or jacket potato with 2 or more tablespoons of oven roasted mixed vegetables (1) and a side salad (1).

Day 3

- Breakfast Yoghurt with chopped fresh fruit (1) & bread roll & low fat topping
- Light meal Jacket potato served with ham or other lean meat or chilli and 2 tablespoons of coleslaw (1) and/or a mixed salad (1).
- Main meal Grilled, baked or barbequed fish such as salmon, trout or mackerel with boiled new potatoes, 2 tablespoons of both peas & carrots (2). Rice pudding or yogurt with large serving of fresh or canned sliced peaches, apricots or pears (1).

Day 4

- Breakfast Bowl of wholewheat cereal & semi-skimmed milk with 7 strawberries or 3 dried apricots (1).
Toast & low fat spread or soft cheese.
- Light meal Lean meat sandwich with salad (½). Low fat dessert with fresh fruit salad (1) or canned fruit (1)
- Main meal Chicken, pork or Quorn stir-fried with at least 3 tablespoons of fresh or frozen mixed vegetables (1½) and boiled rice. Large slice of melon (1)

Day 5

- Breakfast 1 egg - boiled or poached, with bread & spread & ½ grapefruit (1)
- Light meal Bowl pasta with tomato based sauce (1) or non-creamy pasta sauce served with a side salad (1) & dressing
- Main meal Reduced fat burger, sausages or fish fingers with oven chips or potato wedges , 2 tablespoons sweetcorn (1) and a tomato (1).
Fruit crumble (apple or rhubarb) (1), served with custard or low fat yogurt.

Ends