

Veg tracker

Give me 5!

Are you getting your 5-a-day? Cut out our fun tracker, stick it to your fridge, and colour as you go to inspire you to reach the goal

We've all heard we need to hit our 5-a-day, but why is it important? The simple answer is it's to keep us healthy – we're encouraged to eat at least five different pieces of fruit and veg every day, as they provide a whole range of nutrients that helps our bodies to function properly.

It's easier to achieve than you might think. So get the family involved and make it fun for kids with our interactive tracker. Follow the steps below for what to do, and reward yourself each time you hit your 5-a-day target. Good luck!

1 Cut out the tracker and stick it on your fridge

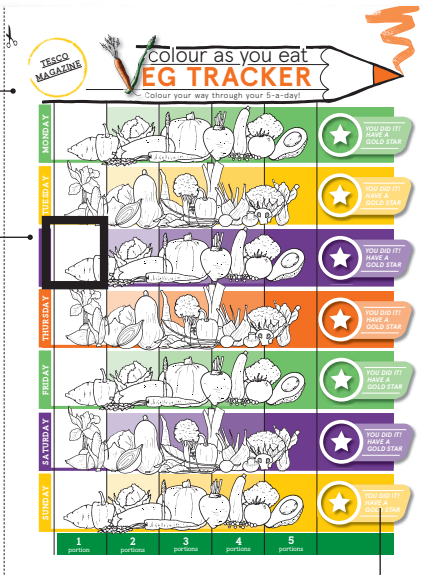
2 Track your progress by colouring in a square for each portion of any fruit or veg you eat. For example, if breakfast on Wednesday includes fruit juice, colour in the veg in the square indicated.



Use this QR code to find and download more trackers. Don't have a printer? Make your own tracker by tracing over ours, or design your own.



+ Need inspiration for easy veg-packed meals? Visit [tesco.com/realfood](https://www.tesco.com/realfood)



WHAT COUNTS AS A PORTION?

150ml

UNSWEETENED 100% FRUIT OR VEGETABLE JUICE

Remember, no matter how much juice you drink, it will only count as 1 portion per day. This is because it contains less fibre than whole fruits and vegetables.

80g

BEANS AND PULSES

or 3 heaped tbsp. But these only count as 1 of your 5-a-day, regardless of how many you have, because they contain fewer nutrients than fruit and veg.

80g

FRESH, FROZEN AND TINNED FRUIT AND VEG

When buying tins, choose fruit and veg in water without added sugar and salt.

30g

DRIED AND UNSWEETENED FRUIT

Aim to have this at mealtimes rather than as a snack on its own, as it is a concentrated source of sugar.



Jamie says

You don't have to stop at fresh veg, embrace the tinned and frozen alternatives too!

WORDS TABITHA WARD ILLUSTRATION FREDDIE STEWART



colour as you eat EG TRACKER

Colour your way through your 5-a-day!

MONDAY			YOU DID IT! HAVE A GOLD STAR
TUESDAY			YOU DID IT! HAVE A GOLD STAR
WEDNESDAY			YOU DID IT! HAVE A GOLD STAR
THURSDAY			YOU DID IT! HAVE A GOLD STAR
FRIDAY			YOU DID IT! HAVE A GOLD STAR
SATURDAY			YOU DID IT! HAVE A GOLD STAR
SUNDAY			YOU DID IT! HAVE A GOLD STAR
	1 portion 2 portions 3 portions 4 portions 5 portions		