

# It's Fruity Friday!

Grab a fruit from the basket on Friday 15th March.

Rich in vitamins, minerals & fibre.

## Portion Sizes

1 portion equals to...

1 Apple



7 Strawberries



1 Banana



14 Grapes



1 Orange



1 slice of melon



2 plums



2 Satsumas



1 Pear



2 Kiwi



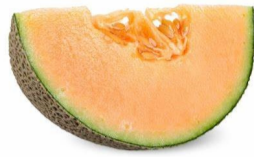
1 slice of pineapple



Fruits can be dried, fresh or tinned– these all contribute to your 5-a-day!  
One small glass of juice of 150mls would also count as **one** of your 5-a-day

## It's Fruity Friday!

Some information about the texture, the components they provide and the benefits of having them in your diet.



**Texture:**

**Soft and juicy**

**Smooth and juicy**

**Fibrous and juicy**

More prevalent in vitamin A and a good sources of vitamin C. They are high in water and fibre.

**Benefits:**

Help see in light time, improve bodies defence mechanism, and keep skin healthy.

The fibre content helps to control the bowel movements, maintain a health bowel function and prevent or relieve symptoms of constipation, controlling blood sugars levels, lowering cholesterol levels and increase the level of satiety.



**Texture: Slightly sticky soft**

**Slightly crunchy**

**Juicy and fibrous**

Prevalent in vitamin B and D. Contain a large amount of potassium. High in water and fibre.

**Benefits:**

Support cell health and growth of red blood cells, enhance energy levels and metabolism, improve eyesight and brain function and help to prevent infections.

Potassium supports a healthy blood pressure, muscle and bone strength. It helps in preventing osteoporosis and kidney stones.



**Texture: Firm, juicy**

**Soft, fibrous**

**Juicy**

**Juicy**

**Prevalent in vitamin C, E, K, D, are good amount of manganese and potassium. Also high in water and fibre. The water content helps to have a good hydration.**

**Benefits:**

**Protect cells and keep them healthy, help with wound healing, maintain healthy skin, bones, blood vessels, and help in blood clotting.**

**The fibre content helps to control the bowel movements, maintain a health bowel function and prevent or relieve symptoms of constipation, control blood sugars levels, lower cholesterol levels and increase the level of satiety.**

**Manganese helps in improving bone health, reducing disease risk due to its antioxidant effect and playing an important role in the metabolism of the nutrients.**