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Similar vegetables that don't count are yams, plantain and cassava. Sweet potatoes, swedes, turnips and parsnips do count towards your 5 a day - so feel free to stock up on these and remember that even though potatoes don't count towards your 5 a day, they are still important as part of a balanced diet.

5 a day - Nutritionist Resource
With a Sadaybox Box you'll get a huge range of quality fruit, vegetables and salads delivered straight to your door. PLEASE CALL US ON 01380 860968 FOR HELP OR FURTHER INFORMATION. High quality fruit, vegetables, salads, meat, fish & other groceries delivered direct to your door. HOME.

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These all also count towards your 5 A Day: Frozen fruit and vegetables. Tinned or canned fruit and vegetables. Buy ones tinned in natural juice or water, with no added sugar or salt. Fruit and vegetables cooked in dishes such as soups, stews or pasta. A 30g portion of dried fruit, such as currants, ...

5 A Day: what counts? - NHS
Evidence shows there are significant health benefits to getting at least 5 portions of a variety of fruit and vegetables every day. That's 5 portions of fruit and veg in total, not 5 portions of each. A portion of fruit or vegetables is 80g. The 5 A Day campaign is based on advice from the World Health Organization (WHO), which recommends eating a minimum of 400g of fruit and vegetables a day to lower the risk of serious health problems, such as heart disease, stroke and some types of cancer.

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5-a-day Fitness is the ultimate fun, fitness resource for primary schools. Increase daily physical activity in your classroom with our online 5 minute exercise routines, and 2 minute chill-out routines, designed specifically for projection onto classroom whiteboards or screens. Many of our resources are also available in French, Spanish and Welsh to help promote cross curricular language learning.

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5 A Day - Forum Health Centre
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PSS pre-order stock - Launch day re-stock times CONFIRMED ...
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