



**1** medium apple



**2** broccoli florets



**2** halves of canned peaches



**1** handful of grapes



**1** medium banana



**3** heaped tablespoons of peas



**1** medium glass of orange juice



**7** strawberries



**3** whole dried apricots



**Just Eat More**  
(fruit & veg)

[www.doh.gov.uk/fiveaday](http://www.doh.gov.uk/fiveaday)



**3** heaped tablespoons of cooked kidney beans



**16** okra

