



5-a-day record sheet

- Use this chart to record the fruit & vegetables you, your baby or your whole family eat each day of the week to see if you are meeting the recommended 5-a-day, or use it to help you achieve it!
- Simply record the fruit and veg you eat with your meals and snacks, and add up the total portions at the end of each day. How did you do? An example is shown on the next page



| Name | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|--|--|--|--|--|
| fruit & veg eaten by: <input type="text"/> | <input type="text"/> <small>total portions</small> <input type="text"/> | <input type="text"/> <small>total portions</small> <input type="text"/> | <input type="text"/> <small>total portions</small> <input type="text"/> | <input type="text"/> <small>total portions</small> <input type="text"/> | <input type="text"/> <small>total portions</small> <input type="text"/> | <input type="text"/> <small>total portions</small> <input type="text"/> | <input type="text"/> <small>total portions</small> <input type="text"/> |
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How to get 5-a-day into your little one:

- Add pureed, mashed or chopped fruit to breakfast cereal
- Offer chopped pieces of soft fruit or vegetable sticks with homemade dips for mid-morning or afternoon snacks
- Make tasty desserts by mixing pureed, mashed or chopped fruit with natural yogurt, their favourite fromage frais (no added sugar) or baby rice
- Most HiPP meals and desserts contain at least one portion of fruit or veg



What is a portion? (see the next page for examples)

Once weaning is established, our nutritionist recommends using the following as a guide:

- At stage 1 (around 6 months) one portion is equal to 30g
- At stage 2 (from 7 months) one portion is equal to 35g
- At stage 3 (from 10 months) one portion is equal to 40g
- One adult portion equals 80g




Top tip
Remember to eat a rainbow of fruit & veg to ensure you get all the important vitamins & minerals.

Completed record sheet



| Name | Monday | Tuesday |
|------|--------|---------|
|------|--------|---------|

| | | |
|-----------------------|--|--|
| fruit & veg eaten by: | Mashed banana (35g) - 1 4 strawberries - 1 Carrots (35g) - 1 Cheesy leeks (35g) and roasted red pepper strips (35g) - 2 | Steamed carrot sticks (25g) with homemade avocado dip (10g) - 1 Bean & mixed vegetable (40g) stew - 1 HiPP banana, pear - 2 & mango fruit pouch HiPP Parsnip, Potato & Turkey Casserole - 1 |
| | Baby Ellie (8 months) | |
| | total portions 5 | total portions 5 |

| | | |
|-----------------------|--|--|
| fruit & veg eaten by: | 150ml orange juice - 1 10 strawberries - 1 Lettuce, red pepper & carrot sticks (80g) - 1 Cheesy leeks (50g), roasted red pepper strips (50g), and 3 tbsp peas - 2 | 1 banana - 1 Raw carrot sticks (60g) with avocado dip (20g) - 1 Salad (lettuce, tomatoes, red onion + cucumber) (80g) - 1 1 apple - 1 Mangetouts (45g) & - 1 baby sweetcorn (40g) |
| | Mum | |
| | total portions 5 | total portions 5 |

choose organic

- ♥ higher levels of essential vitamins and antioxidants
- ♥ no pesticides
- ♥ bursting with taste and flavour

hipp.co.uk/fruitandveg

Fruit & veg portion size guide

| | Infant (30-35g) | Toddler (40g) | Adult (80g) |
|---------------------------------------|------------------------|-----------------------------------|--|
| Apple | 1/3 apple | 1/2 apple | 1 apple |
| Banana | 1/3 small banana | 1/2 small banana | 1 small banana |
| Strawberries | 2-3 strawberries | 3-4 strawberries | 7 strawberries |
| Carrot | 1 small carrot | 1 heaped tbsp chopped carrots | 1 medium carrot |
| Broccoli/Cauliflower | 3 small florets | 4 small florets | 8 small florets or 4 large florets |
| Peas/Beans/Mixed Veg/Sweetcorn | 1 level tablespoon | 1 heaped tablespoon | 3 heaped tablespoons |
| Juice (100% unsweetened) | 60-70 ml | 75 ml | 150ml |