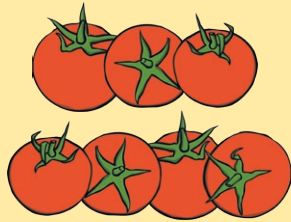


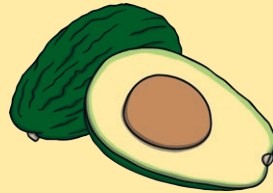
What Counts Towards My 5 a Day?



1 handful
of grapes



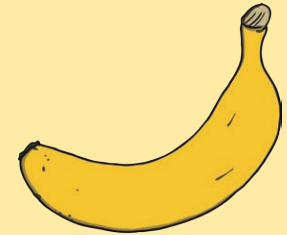
7 cherry
tomatoes



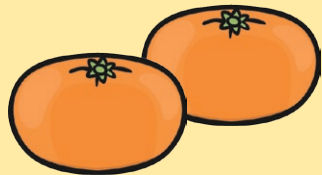
1/2 an
avocado



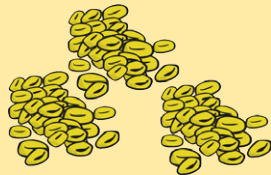
3 tbsp
of peas



1 banana



2 satsumas



3 tbsp of
sweetcorn



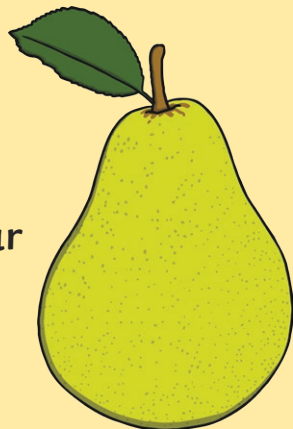
1 handful
of carrot sticks



2 plums



2 broccoli
florets



1 medium pear



1 medium apple