

STEPHEN GLOVER

STAFFORD SPORTS AND PERFORMANCE ACADEMY

STEPHENGLOVER@STAFFORDSPORT.CO.UK - 07793891029

WWW.STAFFORDSPORT.CO.UK

FACEBOOK - WWW.FACEBOOK.COM/STAFFORDSPORT



YOUR 5 A DAY



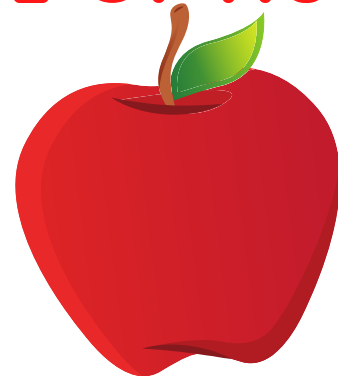
GETTING YOUR 5 A DAY IS REALLY IMPORTANT!

HERE ARE SOME IDEAS TO HELP YOU

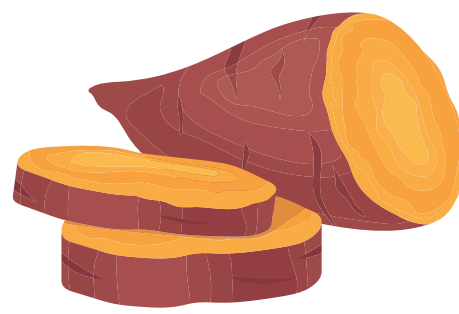
HAVE A HANDFUL OF BERRIES WITH YOUR MORNING CEREAL



SWAP OUT A PACKET OF CRISPS IN YOUR LUNCH BOX FOR AN APPLE (AND A SMALL HANDFUL OF NUTS IF YOU LIKE)



SWAP A WHITE POTATO FOR A SWEET POTATO - WHITE POTATOES DON'T COUNT AS 1 OF YOUR 5 A DAY AS THEY'RE MOSTLY STARCH, BUT A SWEET POTATO CONTAINS VITAMINS A, C AND E



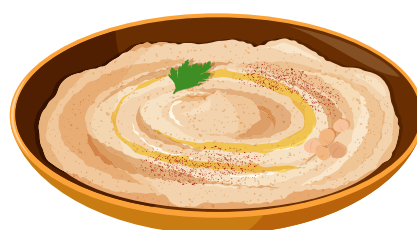
MAKE A SMOOTHIE. GET SOME FRUIT (LIKE FROZEN BERRIES OR BANANA) AND VEG (LIKE SPINACH LEAVES) AND BLEND WITH MILK.



EAT BEANS. THREE TABLE SPOONS COUNT AS ONE PORTION. HAVE BAKED BEANS ON TOAST FOR BREAKFAST OR LUNCH.



DIP CHUNKS OF RED PEPPER IN TO A POT OF HUMMUS AS AN AFTER SCHOOL SNACK INSTEAD OF BISCUITS



SARAH MOCKETT BSC NMED CNHC REG NUTRITION PRACTITIONER - 07815 757317