

## 12 common misconceptions about your Five-A-Day

When you're choosing ready-made foods, it's not always easy to know what counts as your 5-a-day. Some of the claims made by manufacturers have more to do with selling the product than how healthy the product actually is. Get armed with the facts with our definitive guide.

### 1- The Salad in your Sandwich



Although sliced cucumber, tomato or lettuce in a sandwich can contribute towards your 5-a-day, it's unlikely that there will be 80g of vegetables in your salad, which is how much you need for it to count as one portion of vegetables.

### **Other Foods That Don't Count Toward Five-A-Day:**

- 2- Onion Rings- They are fried and lots of batter
- 3- Ketchup- high sugar and salt
- 4- Chips, mashed, fries, or roasted potatoes.....only sweet potatoes count
- 5- Certain soups may have a lot of fillers- salt, cream, potatoes and very little veggies
- 6- Vegetable crisps- high in fat and salt
- 7- Cole Slaw and ready-made salads count if made with yogurt and not mayo and the dressing is lower fat
- 8- Pickled gherkins and pickled onions- Almost have a lot of sugar and salt
- 9- Olives- high salt content and lots of oil

- 10-Fruit yogurts- high in sugars and usually have very little fruit
- 11-Fruit-based puddings- very little fruit, high in sugar and fat
- 12-Wine- does not count due to it's alcohol content

**Try the following sandwich recipe to contribute to your 5 a day.....**

## **Cheese, Pepper and Basil Open Sandwich**

**Category:** Main meal, Starter/snack | **Serves:** 2

**Prep time:** 15 minutes, plus cooling | **Cooking time:** 10 minutes

Ingredients:

1 small red pepper

4 tbsp (about 75g/2¾ oz) low-fat soft cheese (3% fat)

About 10 large fresh basil leaves, finely shredded, plus extra to garnish Freshly ground black pepper, to taste

2 thick slices wholemeal bread or gluten-free bread if desired

4 radishes (about 55g/2oz) or 55–85g (2–3oz) cucumber, thinly sliced (optional)

1. Preheat grill to medium-high. Cut red pepper in half lengthways; place, cut sides down, on rack in grill pan. Grill for 8–10 minutes (not too close to heat) or until skin is quite blackened and charred. Remove from heat; cover with damp kitchen paper. Leave to cool. Remove skin, core and seeds from pepper; cut flesh into strips.
2. Combine soft cheese, basil and black pepper in a small bowl. Generously spread both slices of bread with soft cheese mixture. Top with radish or cucumber slices (if using). Arrange pepper strips over top. Scatter over a little extra shredded basil, to garnish.
3. Cut each open sandwich in half; serve immediately.