

Look after you Vitamins & Minerals

Include at least 1 fruit and 1 vegetable or side salad daily



Try

A small glass of fresh fruit juice or vitamin C containing squash after meals

Chopped banana or dried fruit with cereal

Tinned stewed or fresh fruit as part of a full fat pudding
e.g. pineapple upside down sponge, apple crumble

Portion of vegetables with a main meal

Salad as part of a filling for a sandwich

Cream variety vegetable soup



If food intake or appetite is poor, buy an over the counter vitamin, mineral tablet and take once daily.