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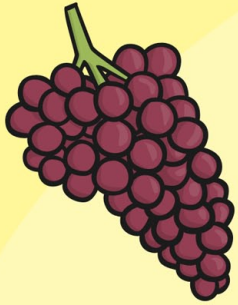
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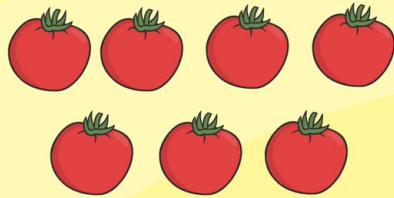
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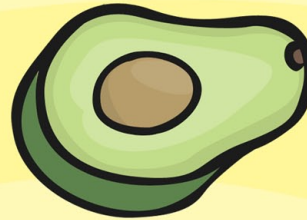
WHAT COUNTS TOWARDS MY 5 A DAY?



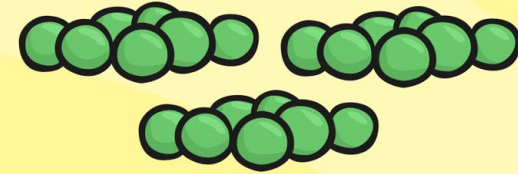
1 handful
of grapes



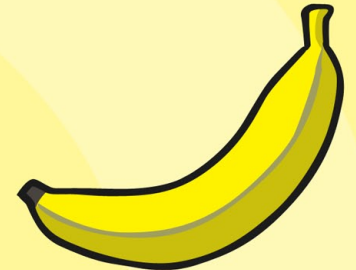
7 cherry
tomatoes



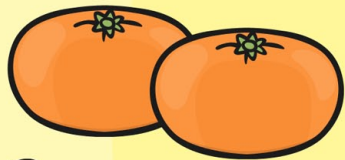
1/2 an
avocado



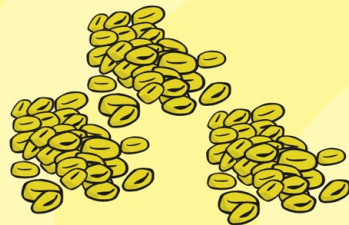
3 tbsp
of peas



1 banana



2 satsumas



3 tbsp of
sweetcorn



1 handful
of
carrot sticks



2 plums



2 broccoli
florets



1 medium pear



1 medium apple

