

Fruit and vegetables

Five or more portions a day for men and women

One portion is

Grapes
One handful



Cherries
Nine



Okra
Nine



Pear
One whole



Root vegetables
(such as carrots, swede, beetroot)
Three heaped tablespoons



Peas
Three heaped tablespoons



Plums
Two



Tinned fruit in natural juice
Three heaped tablespoons



Pineapple
One slice (fingertip thick)



Fruit juice
One small glass (150ml)
(no more than one a day)



Grapefruit
Half



Salad
Two heaped handfuls or 80g



Broccoli
Eight florets



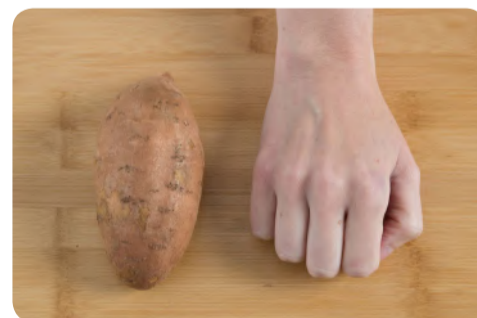
Button mushrooms
14



Sweet corn
Three heaped tablespoons



Sweet potato
One fist-size



Kiwi
Two



Strawberries
Seven



Banana
One



Nectarine
One



Fruit and vegetables

Five or more portions a day for men and women

One portion is

Tomato
One whole



Dried fruit
One heaped tablespoon



Apple
One whole



One portion of beans and pulses
(count as one of your five a day)
Three tablespoons



Potatoes, yams and plantain don't count towards your five a day.

Fruit juice and/or smoothies are high in free sugars so should be limited to no more than a combined total of 150ml.

Dried fruits are quite concentrated in calories. Keep to only one portion a day.

Avocado pears are high in calories. One portion is half an avocado.

Only one portion of beans and pulses count as a one of your 5 a day. Additional portions will be counted as part of your beans, pulses, fish eggs and other protein food group.

Small fruit portion = as many as you can fit into the palm of your hand

E.g. grapes, blueberries, blackberries, raspberries, strawberries, gooseberries

Medium fruit portion = two fruits

E.g. plums, satsumas, kiwi

Whole fresh fruit = one fruit

E.g. apple, pear, orange, banana

Large fruit portion = one slice a fingertip length thickness

E.g. pineapple, melon, grapefruit

