

## Rough guide - Fruit & vegetable portion sizes

### FRUIT - Adult portion size = 80g

**Fruit**  
(Always check labels for additives)

**Adult portion size examples - approximately equivalent to 80g in weight**  
(As eaten, edible portion, drained if canned)

<b>Apple:</b> fresh	1 medium apple
<b>Apple:</b> puree	2 heaped tablespoons
<b>Apricot:</b> canned	6 halves
<b>Apricot:</b> fresh	3 apricots
<b>Avocado</b>	Half an avocado
<b>Banana:</b> fresh	1 medium banana
<b>Blackberries</b>	1 handful (9 to 10 blackberries)
<b>Blackcurrants</b>	4 heaped tablespoons
<b>Blueberries</b>	2 handfuls (4 heaped tablespoons)
<b>Cherries:</b> canned	11 cherries (3 heaped tablespoons)
<b>Cherries:</b> fresh	14 cherries
<b>Clementines</b>	2 clementines
<b>Damsons</b>	5 to 6 damsons
<b>Dates:</b> fresh	3 dates
<b>Fig:</b> fresh	2 figs
<b>Fruit juice: 100% unsweetened</b>	1 medium (150ml) glass of unsweetened 100% fruit juice can count as a portion. Juices can only count as a maximum of one of your 5 A DAY, however much you drink.
<b>Fruit salad:</b>	3 heaped tablespoons

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canned

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**Fruit salad:** fresh 3 heaped tablespoons

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1 medium glass (150ml)

One smoothie containing all the edible pulped fruit or vegetable may count as more than one 5 A DAY portion, but this depends on the quantity of fruits or vegetables and/or juice used, as well as how the smoothie has been made.

For a single smoothie to qualify as being two portions, it must contain either:

**Fruit smoothie**

- at least 80g of one variety of whole fruit and/or vegetable and at least 150ml of a different variety of 100% fruit and/or vegetable juice, or
- a minimum of 80g of one variety of whole fruit and/or vegetable and at least 80g of another variety of whole fruit and/or vegetable.

Smoothies can only count as a maximum of two of your 5 A DAY, however much you drink.

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**Gooseberries** 1 handful

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**Grapefruit segments:** canned 3 heaped tablespoons (8 segments)

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**Grapefruit:** fresh Half a grapefruit

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**Grapes** 1 handful

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**Kiwi fruit** 2 kiwi fruit

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**Kumquat** 6-8 kumquats

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**Lychee:** canned 6 lychees

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**Lychee:** fresh 6 lychees

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**Mandarin orange:** canned 3 heaped tablespoons

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**Mandarin orange:** fresh 1 medium orange

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**Mango:** fresh 2 slices (2-inch slice)

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<b>Melon</b>	1 slice (2-inch slice)
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<b>Nectarine</b>	1 nectarine
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<b>Orange</b>	1 orange
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<b>Passion fruit</b>	5 to 6 fruit
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<b>Pawpaw (papaya): fresh</b>	1 slice
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<b>Peach: canned</b>	2 halves or 7 slices
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<b>Peach: fresh</b>	1 medium peach
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<b>Peach: ready to eat</b>	2 halves
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<b>Pear: canned</b>	2 halves or 7 slices
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<b>Pear: fresh</b>	1 medium pear
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<b>Pear: ready to eat</b>	2 halves
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<b>Pineapple: canned</b>	2 rings or 12 chunks
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<b>Pineapple: crushed</b>	3 tablespoons
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<b>Pineapple: fresh</b>	1 large slice
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<b>Plum</b>	2 medium plums
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<b>Prune: canned</b>	6 prunes
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<b>Prune: ready to eat</b>	3 prunes
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<b>Raspberries: canned</b>	20 raspberries
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<b>Raspberries: fresh</b>	2 handfuls
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<b>Rhubarb: canned chunks</b>	5 chunks
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<b>Rhubarb: cooked</b>	2 heaped tablespoons
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<b>Satsuma</b>	2 small satsumas
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<b>Sharon fruit</b>	1 sharon fruit
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<b>Strawberry:</b> canned	9 strawberries
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<b>Strawberry:</b> fresh	7 strawberries
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<b>Sultanas</b>	1 heaped tablespoon
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<b>Tangerine</b>	2 small tangerines
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<b>Tomato puree</b>	1 heaped tablespoon
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<b>Tomato: canned plum</b>	2 whole
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<b>Tomato: fresh</b>	1 medium, or 7 cherry
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## Rough guide - Fruit & vegetable portion sizes

### DRIED FRUIT

Adult portion sizes = 30g

Dried fruit (Always check labels for additives)	Adult portion size examples - approximately equivalent to 30g in weight (Reconstituted weight)
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<b>Apple:</b> dried rings	4 rings
<b>Apricot:</b> dried	3 whole
<b>Banana chips</b> – dried	1 handful
<b>Cherries:</b> dried	1 heaped tablespoon
<b>Cranberries:</b> dried	1 heaped tablespoon
<b>Currants:</b> dried	1 heaped tablespoon
<b>Fig:</b> dried	2 figs
<b>Mango:</b> dried	1 heaped tablespoon
<b>Mixed fruit:</b> dried	1 heaped tablespoon
<b>Peach:</b> dried	2 halves
<b>Pear:</b> dried	2 halves
<b>Pineapple:</b> dried	1 heaped tablespoon
<b>Prune:</b> dried	3 prunes
<b>Raisins</b>	1 tablespoon
<b>Tomato:</b> sundried	4 pieces

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### VEGETABLES

Adult portion size = 80g

#### Vegetable

(Always check labels for additives)

#### Adult portion size examples - approximately equivalent to 80g in weight

(As eaten, edible portion, drained if canned)

<b>Ackee:</b> canned	3 heaped tablespoons
<b>Artichoke</b>	2 globe hearts
<b>Asparagus:</b> canned	7 spears
<b>Asparagus:</b> fresh	5 spears
<b>Aubergine/Eggplant</b>	1/3rd aubergine
<b>Beans, barlotti:</b> cooked	3 heaped tablespoons Beans and pulses count as a maximum of one portion a day, however much you eat. This is because, while pulses contain fibre, they don't give the same mixture of vitamins, minerals and other nutrients as fruit and vegetables.
<b>Beans, black eye:</b> cooked	3 heaped tablespoons Beans and pulses count as a maximum of one portion a day, however much you eat. This is because, while pulses contain fibre, they don't give the same mixture of vitamins, minerals and other nutrients as fruit and vegetables.
<b>Beans, broad:</b> cooked	3 heaped tablespoons Beans and pulses count as a maximum of one portion a day, however much you eat. This is because, while pulses contain fibre, they don't give the same mixture of vitamins, minerals and other nutrients as fruit and vegetables.
<b>Beans, butter:</b> cooked	3 heaped tablespoons Beans and pulses count as a maximum of one portion a day, however much you eat. This is because, while pulses contain fibre, they don't give the same mixture of vitamins, minerals and other nutrients as fruit and vegetables.
<b>Beans, cannellini:</b> cooked	3 heaped tablespoons Beans and pulses count as a maximum of one portion a day,

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	however much you eat. This is because, while pulses contain fibre, they don't give the same mixture of vitamins, minerals and other nutrients as fruit and vegetables.
<b>Beans, French:</b> cooked	4 heaped tablespoons Beans and pulses count as a maximum of one portion a day, however much you eat. This is because, while pulses contain fibre, they don't give the same mixture of vitamins, minerals and other nutrients as fruit and vegetables.
<b>Beans, kidney:</b> cooked	3 heaped tablespoons Beans and pulses count as a maximum of one portion a day, however much you eat. This is because, while pulses contain fibre, they don't give the same mixture of vitamins, minerals and other nutrients as fruit and vegetables.
<b>Beans, pinto:</b> cooked	3 heaped tablespoons Beans and pulses count as a maximum of one portion a day, however much you eat. This is because, while pulses contain fibre, they don't give the same mixture of vitamins, minerals and other nutrients as fruit and vegetables.
<b>Beans, runner:</b> cooked	4 heaped tablespoons Beans and pulses count as a maximum of one portion a day, however much you eat. This is because, while pulses contain fibre, they don't give the same mixture of vitamins, minerals and other nutrients as fruit and vegetables.
<b>Beans, soya:</b> cooked	3 heaped tablespoons Beans and pulses count as a maximum of one portion a day, however much you eat. This is because, while pulses contain fibre, they don't give the same mixture of vitamins, minerals and other nutrients as fruit and vegetables.
<b>Beansprouts:</b> fresh	2 handfuls
<b>Beetroot:</b> bottled	3 'baby' whole, or 7 slices
<b>Beetroot:</b> fresh	3 'baby' whole, or 7 slices
<b>Broccoli</b>	2 spears
<b>Brussels sprouts</b>	8 Brussels sprouts
<b>Butternut squash:</b> diced and cooked	3 heaped tablespoons
<b>Cabbage</b>	1/6th small cabbage or 2 handfuls sliced

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<b>Cabbage:</b> shredded	3 heaped tablespoons
<b>Carrots:</b> canned	3 heaped tablespoons
<b>Carrots:</b> fresh slices	3 heaped tablespoons
<b>Carrots:</b> shredded	1/3 cereal bowl
<b>Cauliflower</b>	8 florets
<b>Celery</b>	3 sticks
<b>Chickpeas:</b> cooked	3 heaped tablespoons Beans and pulses count as a maximum of one portion a day, however much you eat. This is because, while pulses contain fibre, they don't give the same mixture of vitamins, minerals and other nutrients as fruit and vegetables.
<b>Chinese leaves</b>	1/5th 'head Chinese leaves
<b>Courgettes</b>	Half a large courgette
<b>Cucumber</b>	2-inch piece
<b>Curly kale:</b> cooked	4 heaped tablespoons
<b>Karela</b>	Half a karela
<b>Leeks</b>	1 leek (white portion only)
<b>Lentils</b>	3 tablespoons Beans and pulses count as a maximum of one portion a day, however much you eat. This is because, while pulses contain fibre, they don't give the same mixture of vitamins, minerals and other nutrients as fruit and vegetables.
<b>Lettuce (mixed leaves)</b>	1 cereal/dessert bowl
<b>Mange-tout</b>	1 handful
<b>Marrow:</b> diced and cooked	3 heaped tablespoons
<b>Mixed vegetables:</b> frozen	3 tablespoons

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<b>Mushrooms:</b> button	14 button or 3 handfuls of slices, 3-4 heaped tablespoons
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<b>Mushrooms:</b> dried	2 tablespoons or handful porcini
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<b>Okra</b>	16 medium
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<b>Onion</b>	1 medium onion
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<b>Pak choi (Chinese cabbage):</b> shredded	3 heaped tablespoons
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<b>Parsnips</b>	1 large
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<b>Peas:</b> canned	3 heaped tablespoons
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<b>Peas:</b> fresh	3 heaped tablespoons
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<b>Peas:</b> frozen	3 heaped tablespoons
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<b>Pepper:</b> canned	Half a pepper
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<b>Pepper:</b> fresh	Half a pepper
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<b>Pigeon peas:</b> canned	3 heaped tablespoons
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<b>Pumpkin:</b> diced and cooked	3 heaped tablespoons
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<b>Radish</b>	10 radishes
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<b>Spinach:</b> cooked	2 heaped tablespoons
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<b>Spinach:</b> fresh	1 cereal bowl
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<b>Spring greens:</b> cooked	4 heaped tablespoons
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<b>Spring onion</b>	8 onions
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<b>Sugarsnap peas</b>	1 handful
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<b>Swede:</b> diced and cooked	3 heaped tablespoons
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<b>Sweet potato</b>	1 large
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<b>Sweetcorn:</b> baby	6 baby corn
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<b>Sweetcorn:</b> canned	3 heaped tablespoons
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<b>Sweetcorn:</b> on the cob	1 cob
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<b>Tomato puree</b>	1 heaped tablespoon
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<b>Tomato:</b> canned plum	2 whole
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<b>Tomato:</b> fresh	1 medium, or 7 cherry
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<b>Turnip:</b> diced and cooked	3 heaped tablespoons
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<b>Vegetable juice:</b> 100% unsweetened	<p>1 medium (150ml) glass of unsweetened 100% vegetable juice can count as a portion.</p> <p>Juices can only count as a maximum of one of your 5 A DAY, however much you drink.</p>
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<b>Vegetable smoothie</b>	<p>1 medium glass (150ml)</p> <p>One smoothie containing all the edible pulped fruit or vegetable may count as more than one 5 A DAY portion, but this depends on the quantity of fruits or vegetables and/or juice used, as well as how the smoothie has been made.</p> <p>For a single smoothie to qualify as being two portions, it must contain either:</p> <ul style="list-style-type: none"><li>• at least 80g of one variety of whole fruit and/or vegetable and at least 150ml of a different variety of 100% fruit and/or vegetable juice, or</li><li>• a minimum of 80g of one variety of whole fruit and/or vegetable and at least 80g of another variety of whole fruit and/or vegetable.</li></ul> <p>Smoothies can only count as a maximum of two of your 5 A DAY, however much you drink.</p>
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<b>Watercress:</b> fresh	1 cereal/dessert bowl
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