

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)

Apple: fresh	1 medium apple
Apple: puree	2 heaped tablespoons
Apricot: canned	6 halves
Apricot: fresh	3 apricots
Avocado	Half an avocado
Banana: fresh	1 medium banana
Blackberries	1 handful (9 to 10 blackberries)
Blackcurrants	4 heaped tablespoons
Blueberries	2 handfuls (4 heaped tablespoons)
Cherries: canned	11 cherries (3 heaped tablespoons)
Cherries: fresh	14 cherries
Clementines	2 clementines
Damsons	5 to 6 damsons
Dates: fresh	3 dates
Fig: fresh	2 figs
Fruit juice: 100% unsweetened	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.
Fruit salad:	3 heaped tablespoons

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canned

Fruit salad: fresh 3 heaped tablespoons

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.

Gooseberries 1 handful

Grapefruit segments: canned 3 heaped tablespoons (8 segments)

Grapefruit: fresh Half a grapefruit

Grapes 1 handful

Kiwi fruit 2 kiwi fruit

Kumquat 6-8 kumquats

Lychee: canned 6 lychees

Lychee: fresh 6 lychees

Mandarin orange: canned 3 heaped tablespoons

Mandarin orange: fresh 1 medium orange

Mango: fresh 2 slices (2-inch slice)

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Melon	1 slice (2-inch slice)
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Nectarine	1 nectarine
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Orange	1 orange
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Passion fruit	5 to 6 fruit
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Pawpaw (papaya): fresh	1 slice
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Peach: canned	2 halves or 7 slices
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Peach: fresh	1 medium peach
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Peach: ready to eat	2 halves
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Pear: canned	2 halves or 7 slices
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Pear: fresh	1 medium pear
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Pear: ready to eat	2 halves
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Pineapple: canned	2 rings or 12 chunks
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Pineapple: crushed	3 tablespoons
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Pineapple: fresh	1 large slice
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Plum	2 medium plums
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Prune: canned	6 prunes
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Prune: ready to eat	3 prunes
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Raspberries: canned	20 raspberries
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Raspberries: fresh	2 handfuls
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Rhubarb: canned chunks	5 chunks
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Rhubarb: cooked	2 heaped tablespoons
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Satsuma 2 small satsumas

Sharon fruit 1 sharon fruit

Strawberry:
canned 9 strawberries

Strawberry: fresh 7 strawberries

Sultanas 1 heaped tablespoon

Tangerine 2 small tangerines

Tomato puree 1 heaped tablespoon

**Tomato: canned
plum** 2 whole

Tomato: fresh 1 medium, or 7 cherry

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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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Apple: dried rings	4 rings
Apricot: dried	3 whole
Banana chips – dried	1 handful
Cherries: dried	1 heaped tablespoon
Cranberries: dried	1 heaped tablespoon
Currants: dried	1 heaped tablespoon
Fig: dried	2 figs
Mango: dried	1 heaped tablespoon
Mixed fruit: dried	1 heaped tablespoon
Peach: dried	2 halves
Pear: dried	2 halves
Pineapple: dried	1 heaped tablespoon
Prune: dried	3 prunes
Raisins	1 tablespoon
Tomato: 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)

Ackee: canned	3 heaped tablespoons
Artichoke	2 globe hearts
Asparagus: canned	7 spears
Asparagus: fresh	5 spears
Aubergine/Eggplant	1/3rd aubergine
Beans, barlotti: 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.
Beans, black eye: 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.
Beans, broad: 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.
Beans, butter: 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.
Beans, cannellini: 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.
	4 heaped tablespoons
Beans, French: cooked	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.
	3 heaped tablespoons
Beans, kidney: cooked	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.
	3 heaped tablespoons
Beans, pinto: cooked	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.
	4 heaped tablespoons
Beans, runner: cooked	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.
	3 heaped tablespoons
Beans, soya: cooked	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.
Beansprouts: fresh	2 handfuls
Beetroot: bottled	3 'baby' whole, or 7 slices
Beetroot: fresh	3 'baby' whole, or 7 slices
Broccoli	2 spears
Brussels sprouts	8 Brussels sprouts
Butternut squash: diced and cooked	3 heaped tablespoons
Cabbage	1/6th small cabbage or 2 handfuls sliced

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Cabbage: shredded	3 heaped tablespoons
Carrots: canned	3 heaped tablespoons
Carrots: fresh slices	3 heaped tablespoons
Carrots: shredded	1/3 cereal bowl
Cauliflower	8 florets
Celery	3 sticks
Chickpeas: 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.
Chinese leaves	1/5th 'head Chinese leaves
Courgettes	Half a large courgette
Cucumber	2-inch piece
Curly kale: cooked	4 heaped tablespoons
Karela	Half a karela
Leeks	1 leek (white portion only)
Lentils	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.
Lettuce (mixed leaves)	1 cereal/dessert bowl
Mange-tout	1 handful
Marrow: diced and cooked	3 heaped tablespoons
Mixed vegetables: frozen	3 tablespoons

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Mushrooms: button	14 button or 3 handfuls of slices, 3-4 heaped tablespoons
Mushrooms: dried	2 tablespoons or handful porcini
Okra	16 medium
Onion	1 medium onion
Pak choi (Chinese cabbage): shredded	3 heaped tablespoons
Parsnips	1 large
Peas: canned	3 heaped tablespoons
Peas: fresh	3 heaped tablespoons
Peas: frozen	3 heaped tablespoons
Pepper: canned	Half a pepper
Pepper: fresh	Half a pepper
Pigeon peas: canned	3 heaped tablespoons
Pumpkin: diced and cooked	3 heaped tablespoons
Radish	10 radishes
Spinach: cooked	2 heaped tablespoons
Spinach: fresh	1 cereal bowl
Spring greens: cooked	4 heaped tablespoons
Spring onion	8 onions
Sugarsnap peas	1 handful
Swede: diced and cooked	3 heaped tablespoons
Sweet potato	1 large

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Sweetcorn: baby	6 baby corn
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Sweetcorn: canned	3 heaped tablespoons
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Sweetcorn: on the cob	1 cob
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Tomato puree	1 heaped tablespoon
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Tomato: canned plum	2 whole
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Tomato: fresh	1 medium, or 7 cherry
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Turnip: diced and cooked	3 heaped tablespoons
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Vegetable juice: 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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Vegetable smoothie	<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">• 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. <p>Smoothies can only count as a maximum of two of your 5 A DAY, however much you drink.</p>
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Watercress: fresh	1 cereal/dessert bowl
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