

# Fruit and vegetables

Five or more portions a day for men and women

## One portion is

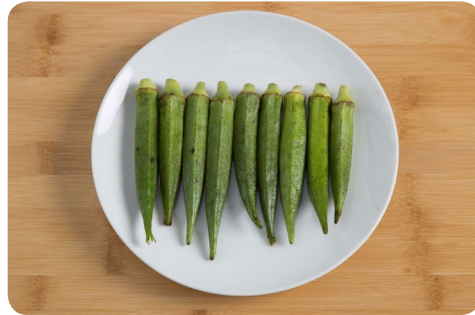
**Grapes**  
One handful



**Cherries**  
Nine



**Okra**  
Nine



**Pear**  
One whole



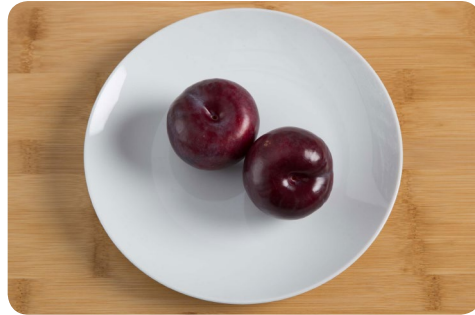
**Root vegetables**  
(such as carrots, swede, beetroot)  
Three heaped tablespoons



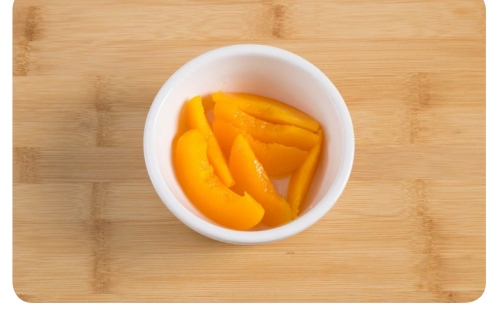
**Peas**  
Three heaped tablespoons



**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



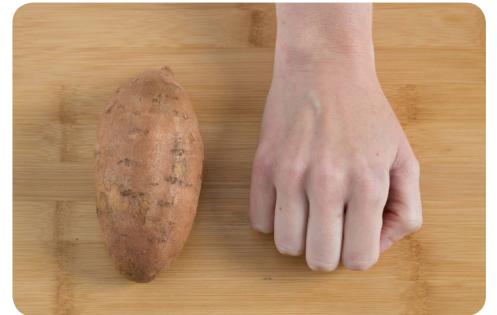
**Button mushrooms**  
14



**Sweet corn**  
Three heaped tablespoons



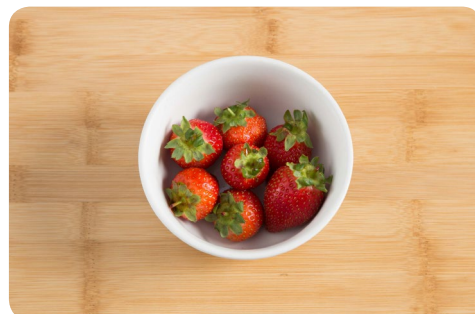
**Sweet potato**  
One fist-size



**Kiwi**  
Two



**Strawberries**  
Seven



**Banana**  
One



**Nectarine**  
One



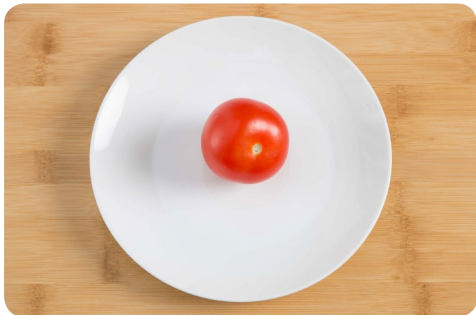


# Fruit and vegetables

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

