

Rough guide - Fruit & vegetable portion sizes

FRUIT - Adult portion size = 80g

Fruit

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

(As eaten, edible portion, drained if canned)

Apple: fresh 1 medium apple

Apple: unsweetened 100% 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

Fig: fresh 2 figs

Fruit juice: 100%, unsweetened

1 small glass (150ml) of unsweetened 100% fruit and/or vegetable juice can count as a maximum of one portion.

It is recommended that we limit 100% fruit/vegetable juices and smoothies to a combined total of 150ml per day (one portion) and consume with meals to reduce the risk of tooth decay.

Fruit salad: canned 3 heaped tablespoons

Fruit salad: fresh 3 heaped tablespoons

Rough guide - Fruit & vegetable portion sizes

Fruit smoothie: 100%, unsweetened

1 small glass (150ml) of unsweetened 100% fruit and/or vegetable smoothie can count as a maximum of one portion.

A portion of unsweetened 100% fruit and/or vegetable smoothie includes 150ml of fruit/vegetable juice; puree; edible pulp or a combination of these.

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Grapefruit segments: canned 3 heaped tablespoons (8 segments)

Grapefruit: fresh Half a grapefruit

Grapes 1 handful (14 grapes)

Kiwi fruit 2 kiwi fruit

Kumquat 6 to 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 / 5cm slice)

Melon 1 slice (2-inch / 5cm slice)

Nectarine 1 nectarine

Orange 1 medium orange

Passion fruit 5 to 6 fruit

Pawpaw (papaya): fresh 1 slice

Peach: canned 2 halves or 7 slices

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Peach: fresh 1 medium peach

Pear: canned 2 halves or 7 slices

Pear: fresh 1 medium pear

Pineapple: canned 2 rings or 12 chunks

Pineapple: fresh 1 large slice

Plum 2 medium plums

Prune: canned 6 prunes

Prune: ready to eat 3 prunes

Raspberries: canned 20 raspberries

Raspberries: fresh 20 raspberries

Rhubarb: canned
chunks 5 chunks

Rhubarb: cooked 2 heaped tablespoons

Satsuma 2 small satsumas

Sharon fruit 1 sharon fruit

Strawberry: canned 9 strawberries

Strawberry: fresh 7 strawberries

Tangerine 2 small tangerines

Tomato puree:
concentrated 1 heaped tablespoon

Tomato: canned
plum 2 whole

Tomato: fresh 1 medium, or 7 cherry

Rough guide - Fruit & vegetable portion sizes

DRIED FRUIT

Adult portion sizes = 30g

Dried fruit

Adult portion size examples - approximately equivalent to 30g in weight
(Approximately 80g fresh weight equivalent)

Apple: dried rings 4 rings

Apricot: dried 3 whole

Cherries: dried 1 heaped tablespoon

Cranberries: dried 1 heaped tablespoon

Currants: dried 1 heaped tablespoon

Dates: dried 3 dates

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 or 2 rings

Prune: dried 3 prunes

Raisins 1 heaped tablespoon

Sultanas 1 heaped tablespoon

Tomato: sundried 4 pieces

Rough guide - Fruit & vegetable portion sizes

VEGETABLES

Adult portion size = 80g

Vegetable

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	One third of an aubergine
Beans, borlotti: 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, 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, 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.

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Beans, French: cooked	4 heaped tablespoons
Beans, kidney: 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, pinto: 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, runner: cooked	4 heaped tablespoons
Beans, soya: 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.
Beetroot: bottled	3 'baby' whole, or 7 slices
Beetroot: fresh	3 'baby' whole, or 7 slices
Broccoli	2 spears, or 8 florets
Brussels sprouts	6 to 8 Brussels sprouts
Butternut squash: diced and cooked	3 heaped tablespoons
Cabbage: cooked	4 heaped tablespoons
Cabbage: shredded	3 heaped tablespoons
Carrots: canned	3 heaped tablespoons
Carrots: fresh slices	3 heaped tablespoons
Carrots: shredded	3 heaped tablespoons
Cauliflower	8 florets

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Celery	1 stick
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: shredded	4 heaped tablespoons
Courgettes	Half a large courgette
Cucumber	2-inch / 5cm piece
Curly kale: cooked	4 heaped tablespoons
Karela	Half a karela
Leeks	1 medium 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 (22 mange-tout)
Marrow: diced and cooked	3 heaped tablespoons
Mixed vegetables: frozen	3 tablespoons
Mushrooms	14 button or 3-4 heaped tablespoons
Mushrooms: dried	2 tablespoons
Okra	9 medium
Onion	1 medium onion

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Pak choi (Chinese cabbage): shredded	4 heaped tablespoons
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Parsnips	1 medium
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Peas: canned	3 heaped tablespoons
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Peas: fresh	3 heaped tablespoons
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Peas: frozen	3 heaped tablespoons
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Pepper: fresh	Half a pepper
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Pigeon peas: canned	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.
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Pumpkin: diced and cooked	3 heaped tablespoons
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Radish	10 radishes
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Spinach: cooked	4 heaped tablespoons
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Spinach: fresh	1 cereal bowl
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Spring greens: cooked	4 heaped tablespoons
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Spring onion	8 onions
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Swede: diced and cooked	3 heaped tablespoons
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Sweet potato	1 medium
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Sweetcorn: baby	6 to 8 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: concentrated	1 heaped tablespoon
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Tomato: canned plum 2 whole

Tomato: fresh 1 medium, or 7 cherry

Turnip: diced and
cooked 3 heaped tablespoons

Vegetable juice: 100%,
unsweetened

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Watercress: fresh 1 cereal/dessert bowl
