

WCRF UK invites you to take part in **FruityFriday** on **14 May 2010** and do your bit to help prevent cancer!
Visit www.FruityFriday.org to find out more.

5 A DAY – KNOW YOUR PORTIONS



1 whole medium-sized fruit e.g. banana



1 handful of tiny fruits e.g. raspberries or 2 small fruits e.g. kiwi fruits



1 tablespoon of small dried fruit e.g. raisins or 3 large fruits e.g. apricots



1 piece of large fruit e.g. a slice of melon



4 tablespoons of green vegetables e.g. cabbage



3 tablespoons of vegetables e.g. carrots



3 heaped tablespoons of pulses e.g. chickpeas (only counts once per day)



1 cereal bowl of salad



1 glass of pure fruit juice (150ml) (only counts once per day)

WCRF UK recommends eating **at least five portions of fruit and vegetables** a day to help prevent cancer.

Each of the above is one adult portion. Remember: fresh, frozen, canned, dried and juiced all count.

Fruity Friday is part of WCRF UK's Cancer Prevention Week (10–16 May 2010)

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"Stopping cancer before it starts"