


WHAT IS A 5 A DAY PORTION?

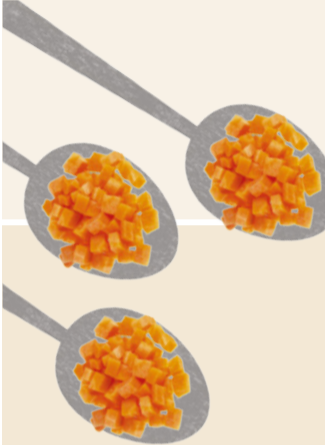


Eating a wide variety of vegetables and fruit is a great first step to eating well and reducing your cancer risk. Aim for at least five portions every day. Here are some examples of what counts as a **5 A DAY** portion for an adult. One portion weighs roughly 80g, equivalent to:



GREEN VEGETABLES

3 heaped tablespoons
eg. shredded cabbage



ROOT VEGETABLES

3 heaped tablespoons
eg. diced carrots



SALAD LEAVES

1 cereal bowl
eg. mixed salad



MEDIUM-SIZED VEGETABLES

1 whole vegetable
eg. a pepper



SMALL VEGETABLES

3 handfuls
eg. sliced mushrooms



LARGE FRUITS

1 slice
eg. melon



MEDIUM-SIZED FRUITS

1 whole fruit
eg. a banana




SMALL FRUITS

2 whole fruits
eg. kiwi fruits




BERRIES

1-2 handfuls
eg. raspberries, blueberries



UNSWEETENED FRUIT OR VEGETABLE JUICE

1 glass (150ml)
(only counts once per day)
eg. orange juice



PULSES
(peas, beans & lentils)

3-4 heaped tablespoons
(only counts once per day)
eg. cooked mixed beans



DRIED FRUITS

1 heaped tablespoon (30g)
(only counts once per day)
eg. raisins