

WHAT IS A 5 A DAY PORTION?



Eating a wide variety of vegetables and fruit is a great first step to eating well and protecting yourself against cancer. 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 80g, roughly equivalent to:**

Cruciferous vegetables



8 florets or pieces

eg. broccoli, Brussels sprouts, cauliflower

Root vegetables



1 whole

eg. carrot, parsnip, sweet potato

Salad leaves



1 cereal bowl

eg. lettuce, uncooked spinach

Medium to large vegetables



½–1 whole vegetable

eg. courgette, leek, pepper

Small or sliced vegetables



3–4 heaped tablespoons*

eg. peas, sweetcorn, or sliced cabbage, mushrooms, runner beans

Large fruit



1–2 slices

eg. mango, melon, pineapple

Medium fruit



1 whole

eg. apple, banana, orange, peach, pear

Small fruit



2 whole

eg. kiwi fruits, plums, satsumas

Berries



1–2 handfuls

eg. blueberries, raspberries

Unsweetened fruit or vegetable juice



1 glass (150ml)

(only counts once per day)
eg. orange juice, apple juice

Cooked pulses (beans & lentils)



3 tablespoons*

(only counts once per day)
eg. canned chickpeas, lentils

Dried fruit



1 heaped tablespoon* (30g)

(only counts once per day)
eg. raisins, dried cranberries

*A tablespoon is equivalent to a 15ml measuring spoon, whereas a dessert spoon only holds 10ml.