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 as one of your 5 A DAY)
  - eg orange juice, apple juice

### Cooked pulses (beans & lentils)
- 3 tablespoons*
  - (only counts as one of your 5 A DAY)
  - eg canned chickpeas, lentil

### Dried fruit
- 1 heaped tablespoon* (30g)
  - (only counts as one of your 5 A DAY)
  - eg raisins, dried cranberries

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