

Fruit and Veg - Portion Guide

When it comes to portions of fruit and vegetables, we are advised to eat a minimum of five portions per day. But with so many different types of fruit and veg on offer, it can be difficult to work out what makes up a PORTION of each type. We have created a handy guide to show you exactly how much you should be eating!

Fruit



Banana (1 medium)
Apple (1 medium)
Plum (2 medium plums)
Peach (1 medium peach)
Grapes (1 handful or 14 grapes)
Kiwi (2 kiwis)
Clementine (2 clementines)
Raspberries (20 raspberries)
Pineapple (1 large slice)
Mango (2 x 5cm thick slices)
Tomato (1 medium or 7 cherry tomatoes)
Date (dried) (3 dates)

Vegetables



Carrot (3 heaped tablespoons)
Pepper (Half a pepper)
Peas (3 heaped tablespoons)
Celery (1 stick)
Leek (1 medium)
Broccoli (8 floret)
Cucumber (5cm piece)
Onion (1 medium)
Spinach (4 heaped tablespoons)
Sweet potato (1 medium)
Mushroom (3-4 tablespoons)

Did you know?

Beans and pulses can also count towards one of your five a day? Check out the portion sizes for these!

Kidney beans (3 heaped tablespoons)
Soya beans (3 heaped tablespoons)
Chickpeas (3 heaped tablespoons)
Pigeon peas (3 heaped tablespoons)



A great way to incorporate fruit or vegetables into your diet is to drink one smoothie or fruit juice a day. This should be a small glass (150ml) of unsweetened juice, puree and edible pulp.

For a full guide on portion details for fruit and vegetable intake visit:

www.nhs.uk/LiveWell