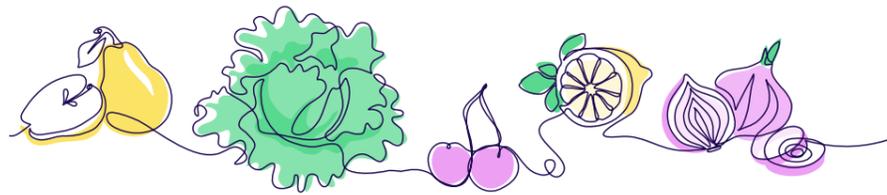


# WHAT IS A 5 A DAY PORTION?



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 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.