

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 small florets or pieces
eg broccoli, cauliflower,
Brussels sprouts

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, tomato

Small or sliced vegetables



3 heaped tablespoons*
eg peas, sweetcorn, 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 and grapes



1–2 handfuls
eg blueberries,
raspberries, grapes

Unsweetened fruit or vegetable juice



150ml or one glass
(only counts as one of your 5 A DAY)
eg orange juice, apple juice

Cooked pulses (beans & lentils)



3 heaped tablespoons*
(only counts as one of your 5 A DAY)
eg canned chickpeas, lentils

Dried fruit



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

*One tablespoon is about the same as a 15ml measuring spoon