

What is a 5 A DAY portion? →

Adults should aim to eat at least 5 portions of fruit and vegetables every day – here are some examples of what counts (1 portion weighs 80g)



Salad leaves:
1 cereal bowl



**Cruciferous
vegetables:**
8 florets or pieces

Root vegetables:
1 whole vegetable



**Medium to large
vegetables:**
 $\frac{1}{2}$ –1 whole vegetable

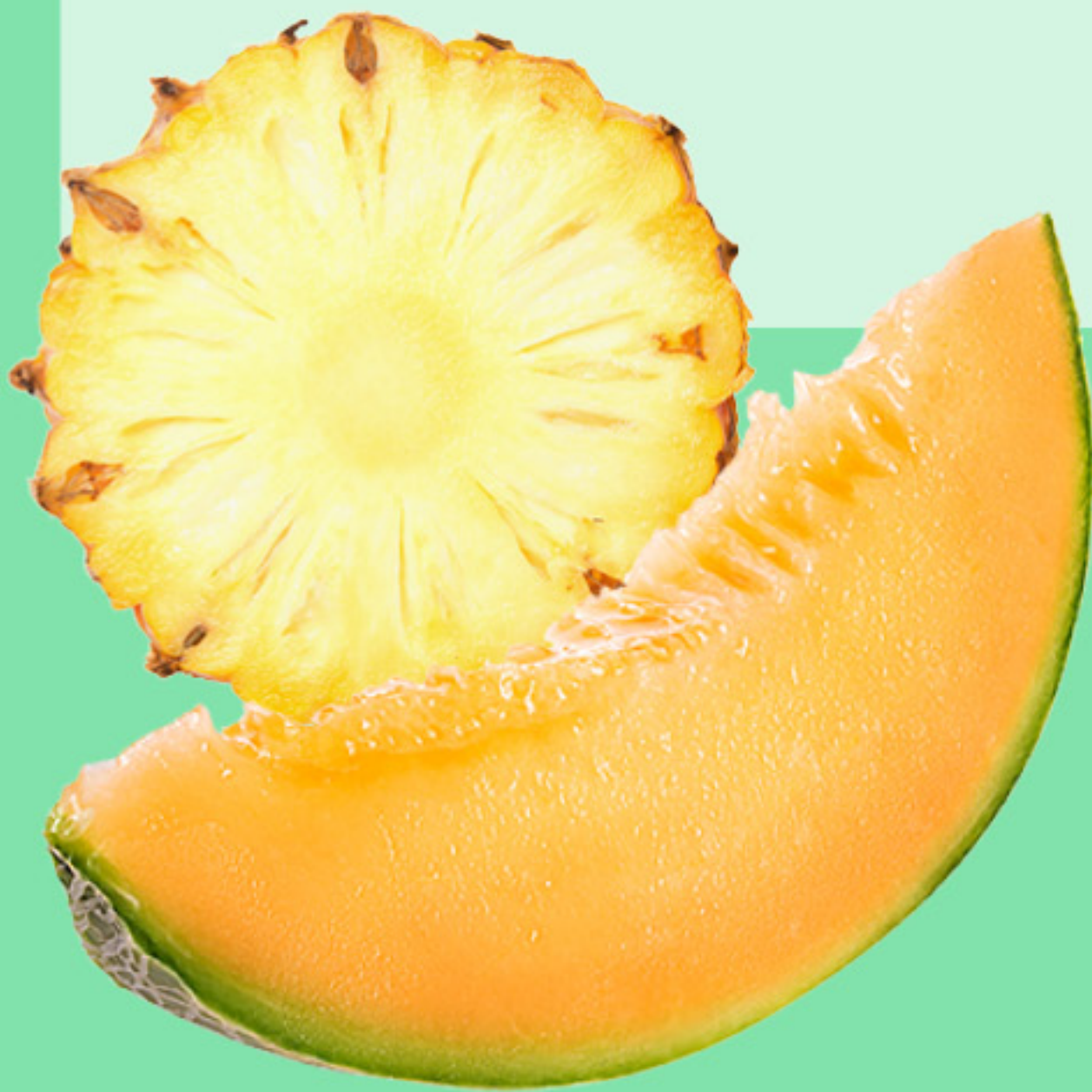


Small or sliced vegetables:
3–4 heaped
tablespoons



Cooked pulses:
3 tablespoons

Large fruit:
1–2 slices



Medium fruit:
1 whole



Small fruit:
2 whole



Berries:
1–2 handfuls



Dried fruit:

1 heaped tablespoon (30g)

Only counts as 1 per day



Unsweetened juice:

1 glass (150ml)

Only counts as 1 per day



**Eating a wide variety of
vegetables and fruit is a great
first step to eating well and
reducing your cancer risk**

Get the facts:
**[wcrf.org/fruit-vegetables-
and-cancer](http://wcrf.org/fruit-vegetables-and-cancer)**