

# GET YOUR FIVE PORTIONS A DAY

Fruit and vegetables are part of a balanced diet and can help us stay healthy. That's why it's so important we eat enough of them.

One adult portion of fruit or vegetables is usually 80g and you should aim for at least 5 portions a day



# — BE — PORTION SIZE — WISE —

## SMALL SIZED FRESH FRUIT



One portion is two or more small fruit such as two plums, three apricots, seven strawberries or 14 cherries.

## MEDIUM SIZED FRESH FRUIT



One portion is a single piece of fruit, such as an apple, banana, pear, orange or nectarine.

## LARGE SIZED FRESH FRUIT



One portion could be half a grapefruit, a slice of papaya, a slice of melon, one large slice of pineapple or two slices of mango.

## DRIED FRUIT



A portion of dried fruit is around 30g. This is about a heaped tablespoon of raisins, a tablespoon of mixed fruit, two figs or three prunes.

## TINNED FRUIT



One portion is roughly the same quantity that you would eat for a fresh portion, such as two peach halves, six apricot halves or eight segments of grapefruit.

## GREEN VEGETABLES



Two broccoli spears or four heaped tablespoons of cooked kale, spinach or green beans count as one portion.

## COOKED VEGETABLES



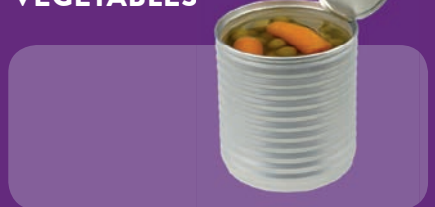
Three heaped tablespoons of cooked vegetables, such as carrots, peas or sweetcorn, or eight cauliflower florets count as one portion.

## SALAD VEGETABLES



Three sticks of celery, a 5cm piece of cucumber, a medium tomato or seven cherry tomatoes count as one portion.

## TINNED & FROZEN VEGETABLES



A portion equals three heaped tablespoons of tinned or frozen vegetables. Choose veg canned in water, with no added salt or sugar.

## DID YOU KNOW?

Potatoes don't count towards your 5 a day. This is the same for yams, cassava and plantain too. They are classed as a starchy food.



## PULSES AND BEANS



Three heaped tablespoons of beans or chickpeas. But remember that beans and pulses only count as one portion a day no matter how much you eat..

## FRUIT JUICE & SMOOTHIES



Up to 150ml of unsweetened 100% fruit juice or smoothie counts as a portion. But it only counts as one portion a day no matter how much you drink.

Get advice, information and help about healthy diets and portion control at [www.derbyshire.gov.uk/portionwise](http://www.derbyshire.gov.uk/portionwise)