

VEGETABLE SERVING SIZES

Asparagus, canned 7 spears
Asparagus, fresh 5 spears
Avocado Half
Aubergine One-third of a large one
Baby sweet corn 6
Baked beans 3 tbsp (1/2 cup)
Broad beans 3 heaped tbsp (1/2 cup)
Broccoli 2 large florets
Brussels sprouts 8
Cabbage 3 heaped tbsp shredded, (1/2 cup)
Carrots 1 large
Celery 3 sticks
Cherry tomatoes 7
Chickpeas See Pulses
Courgette Half a large one
Curly kale 4 tbsp (1/2 cup)
Eggplant One-third of a large one
French beans 4 heaped tbsp (1/2 cup)
Kidney beans See Pulses
Lentils See pulses
Mixed salad Cereal bowl full (1 cup)
Mushrooms, button 14
Onion 1 medium
Parsnip 1 large
Peas, fresh, frozen or canned 3 heaped tbsp (1/2 cup)
Potatoes Never count towards your daily vegetable servings, in any form
Pulses, cooked: kidney beans, chickpeas, lentils etc 3 heaped tbsp (1/2 cup)
Salad leaves, lettuce etc Cereal bowl full (1 cup)
Scallions 8
Snow peas Handful
Spinach, cooked 2 heaped tbsp (1/2 cup)
Spring onions 8
Sugar snap peas Handful
Sweet corn, fresh, frozen or canned 3 heaped tbsp (1/2 cup)
Tomato 1 medium
Vegetable soup 1 serving of fresh or canned soup
Vegetable sticks Handful of mixed - celery, pepper, carrot etc
Zucchini Half a large one

FRUIT SERVING SIZES

Apple, dried 4 rings
Apple, fresh 1 medium
Apricots, dried 3 whole
Banana 1 medium
Blackberries Handful (1/2 cup)
Clementine's 2
Cherries, fresh 14
Dried fruits, mixed 1 tbsp (1/4 cup)
Figs, fresh 2
Fruit juice 250ml (1 cup) glass
Fruit salad, fresh or canned 3 heaped tbsp, (1/2 cup)
Kiwi 2
Grapefruit Half
Grapes Handful
Lychees, fresh or canned 6
Mango 2 slices
Melon 1 large slice
Passion fruit 6
Peach, canned 2 halves
Peach, fresh 1 medium (1/2 cup)
Pear 1 medium
Pineapple, canned 2 rings
Pineapple, fresh 1 large slice
Plums 2 medium
Prunes, canned 6
Nectarine 1 medium
Raisins 1 tbsp (1/4 cup)
Raspberries 2 handfuls (1/2 cup)
Rhubarb, cooked 2 heaped tbsp (1/3 cup)
Satsuma's 2
Strawberries 7 (1/2 cup)

Note: for the most part a handful is 1/4 cup vs. 2 handfuls being 1/2 cup.

