

Examples of portion sizes of everyday fruit and vegetables

Fruit

Fruit	Portion equivalent to 80g (As eaten. Edible portion, and drained if canned.)
Apple, dried rings	4 rings
Apple, fresh	1 medium apple
Apple, puree	2 heaped tablespoons
Apricot, canned	6 halves
Apricot, dried	3 whole
Apricot, fresh	3 apricots
Apricot, ready to eat	3 whole
Avocado	Half an avocado
Banana chips	1 handful
Banana, fresh	1 medium banana
Blackberries	1 handful (9 to 10 blackberries)
Blackcurrants	4 heaped tablespoons
Blueberries	2 handfuls (4 heaped tablespoons)
Cherries, canned	11 cherries (3 heaped tablespoons)
Cherries, dried	1 heaped tablespoon
Cherries, fresh	14 cherries
Clementines	2 clementines
Currants, dried	1 heaped tablespoon
Damsons	5 to 6 damsons
Dates, fresh	3 dates
Fig, dried	2 figs
Fig, fresh	2 figs
Fruit juice	1 x 150ml
Fruit salad, canned	3 heaped tablespoons
Fruit salad, fresh	3 heaped tablespoons
Fruit smoothie	1 x 150ml
Gooseberries	1 handful
Grapefruit segments, canned	3 heaped tablespoons (8 segments)
Grapefruit, fresh	Half a grapefruit
Grapes	1 handful
Kiwi fruit	2 Kiwi fruit

Kumquat	6-8 kumquats
Lychee, canned	6 lychees
Lychee, fresh	6 lychees
Mandarin orange, canned	3 heaped tablespoons
Mandarin orange, fresh	1 medium orange
Mango	2 slices (5 cm or 2-inch slice)
Melon	1 slice (5 cm or 2-inch slice)
Mixed fruit, dried	1 heaped tablespoon
Nectarine	1 nectarine
Orange	1 orange
Passion fruit	5 to 6 fruit
Paw paw (papaya), fresh	1 slice
Peach, canned	2 halves or 7 slices
Peach, dried	2 halves
Peach, fresh	1 medium peach
Peach, ready to eat	2 halves
Pear, canned	2 halves or 7 slices
Pear, dried	2 halves
Pear, fresh	1 medium pear
Pear, ready to eat	2 halves
Pineapple, canned	2 rings or 12 chunks
Pineapple, crushed	3 tablespoons
Pineapple, dried	1 heaped tablespoon
Pineapple, fresh	1 large slice
Plum	2 medium plums
Prune, canned	6 prunes
Prune, dried	3 prunes
Prune, ready to eat	3 prunes
Raisins	1 tablespoon
Raspberries, canned	20 raspberries
Raspberries, fresh	2 handfuls
Rhubarb, canned chunks	5 chunks
Rhubarb, cooked	2 heaped tablespoons
Satsuma	2 small satsumas
Sharon fruit	1 sharon fruit

Strawberry, canned	9 strawberries
Strawberry, fresh	7 strawberries
Sultanas	1 heaped tablespoon
Tangerine	2 small tangerines

Vegetables

Vegetables	Portion equivalent to 80g (As eaten. Edible portion, and drained if canned.)
Ackee, canned	3 heaped tablespoons
Artichoke	2 globe hearts
Asparagus, canned	7 spears
Asparagus, fresh	5 spears
Aubergine	1/3rd aubergine
Beans, black eye, cooked	3 heaped tablespoons
Beans, broad, cooked	3 heaped tablespoons
Beans, butter, cooked	3 heaped tablespoons
Beans, cannelloni, cooked	3 heaped tablespoons
Beans, French, cooked	4 heaped tablespoons
Beans, kidney, cooked	3 heaped tablespoons
Beans, runner, cooked	4 heaped tablespoons
Beansprouts, fresh	2 handfuls
Beetroot, bottled	3 'baby' whole, or 7 slices
Broccoli	2 spears
Brussel sprouts	8 Brussel sprouts
Cabbage	1/6th small cabbage or 2 handfuls sliced
Cabbage, shredded	3 heaped tablespoons
Carrots, canned	3 heaped tablespoons
Carrots, fresh, slices	3 heaped tablespoons
Carrots, shredded	1/3 cereal bowl
Cauliflower	8 florets
Celery	3 sticks
Chick peas	3 heaped tablespoons
Chinese leaves	1/5th 'head Chinese leaves
Courgettes	Half a large courgette
Cucumber	5 cm or 2-inch piece
Curly kale, cooked	4 heaped tablespoons

Karela	Half a karela
Leeks	1 leek (white portion only)
Lentils	3 tablespoons
Lettuce (mixed leaves)	1 cereal bowl
Mangetout	1 handful
Mixed vegetables, frozen	3 tablespoons
Mushrooms, button	14 button or 3 handfuls of slices, 3-4 heaped tablespoons
Mushrooms, dried	2 tablespoons or handful porcini
Okra	16 medium
Onion, dried	1 heaped tablespoon
Onion, fresh	1 medium onion
Parsnips	1 large
Peas, canned	3 heaped tablespoons
Peas, fresh	3 heaped tablespoons
Peas, frozen	3 heaped tablespoons
Pepper, canned	Half a pepper
Pepper, fresh	Half a pepper
Pigeon peas, canned	3 heaped tablespoons
Radish	10 radishes
Spinach, cooked	2 heaped tablespoons
Spinach, fresh	1 cereal bowl
Spring greens, cooked	4 heaped tablespoons
Spring onion	8 onions
Sugarsnap peas	1 handful
Swede, diced and cooked	3 heaped tablespoons
Sweetcorn, baby	6 baby corn
Sweetcorn, canned	3 heaped tablespoons
Sweetcorn, on the cob	1 cob
Tomato puree	1 heaped tablespoon
Tomato, canned plum	2 whole
Tomato, fresh	1 medium, or 7 cherry
Tomato, sundried	4 pieces