

11

PORTION

SIZE

FRESH PRODUCE

Fruit

ONE PORTION

Tiny fruit



Blueberries (2 handfuls)



Raspberries (2 handfuls)



Grapes (1 handful)

Small fruit



Kiwi fruit (2)



Plums (2)



Mandarins (2)

Medium fruit



Apple (1)



Pear (1)



Banana (1)

Large fruit



Melon (2" slice)



Pineapple (5" slice)



Grapefruit (1/2)

Salad vegetables

ONE PORTION



Salad bowl



Cherry tomatoes (7)



Celery (3 sticks)



Cucumber (2" piece)

What is one portion of vegetables?

COOKED GREEN VEGETABLES

4 heaped tbsps



Kale



Spring greens



Spinach



Green beans

2tbsps
when
cooked

OTHER VEGETABLES

3 heaped tbsps



Sweetcorn



Carrots



Peas



Cauliflower