



Fruits and vegetables. 5 a day they tell you. But see here! 5 raisins and 5 apples are clearly not the same...  
 So here, to help make life simple as we parade up and down the produce aisle, is DMI's portion guide!

Fruit	Portion equivalent to 80g (As eaten / drained if canned)	Fruit	Portion equivalent to 80g (As eaten / drained if canned)
<b>Apple: dried rings</b>	4 rings	<b>Fruit salad: canned</b>	3 heaped tablespoons
<b>Apple: fresh</b>	1 medium apple	<b>Fruit salad: fresh</b>	3 heaped tablespoons
<b>Apple: puree</b>	2 heaped tablespoons	<b>Fruit smoothie</b>	1 medium glass (150ml)
<b>Apricot: canned</b>	6 halves	<b>Gooseberries</b>	1 handful
<b>Apricot: dried</b>	3 whole	<b>Grapefruit segments: canned</b>	3 heaped tablespoons (8 segments)
<b>Apricot: fresh</b>	3 apricots	<b>Grapefruit: fresh</b>	Half a grapefruit
<b>Apricot: ready to eat</b>	3 whole	<b>Grapes</b>	1 handful
<b>Avocado</b>	Half an avocado	<b>Kiwi fruit</b>	2 kiwi fruit
<b>Banana chips</b>	1 handful	<b>Kumquat</b>	6-8 kumquats
<b>Banana: fresh</b>	1 medium banana	<b>Lychee: canned</b>	6 lychees
<b>Blackberries</b>	1 handful (9 to 10 blackberries)	<b>Lychee: fresh</b>	6 lychees
<b>Blackcurrants</b>	4 heaped tablespoons	<b>Mandarin orange: canned</b>	3 heaped tablespoons
<b>Blueberries</b>	2 handfuls (4 heaped tablespoons)	<b>Mandarin orange: fresh</b>	1 medium orange
<b>Cherries: canned</b>	11 cherries (3 heaped tablespoons)	<b>Mango</b>	2 slices (2-inch slice)
<b>Cherries: dried</b>	1 heaped tablespoon	<b>Melon</b>	1 slice (2-inch slice)
<b>Cherries: fresh</b>	14 cherries	<b>Mixed fruit: dried</b>	1 heaped tablespoon



<b>Clementines</b>	2 clementines	<b>Nectarine</b>	1 nectarine
<b>Currants: dried</b>	1 heaped tablespoon	<b>Orange</b>	1 orange
<b>Damsons</b>	5 to 6 damsons	<b>Passion fruit</b>	5 to 6 fruit
<b>Dates: fresh</b>	3 dates	<b>Paw paw (papaya): fresh</b>	1 slice
<b>Fig: dried</b>	2 figs	<b>Peach: canned</b>	2 halves or 7 slices
<b>Fig: fresh</b>	2 figs	<b>Peach: dried</b>	2 halves
<b>Fruit juice</b>	1 medium glass (150ml)	<b>Peach: fresh</b>	1 medium peach
<b>Peach: ready to eat</b>	2 halves	<b>Prune: ready to eat</b>	3 prunes
<b>Pear: canned</b>	2 halves or 7 slices	<b>Raisins</b>	1 tablespoon
<b>Pear: dried</b>	2 halves	<b>Raspberries: canned</b>	20 raspberries
<b>Pear: fresh</b>	1 medium pear	<b>Raspberries: fresh</b>	2 handfuls
<b>Pear: ready to eat</b>	2 halves	<b>Rhubarb: canned chunks</b>	5 chunks
<b>Pineapple: canned</b>	2 rings or 12 chunks	<b>Rhubarb: cooked</b>	2 heaped tablespoons
<b>Pineapple: crushed</b>	3 tablespoons	<b>Satsuma</b>	2 small satsumas
<b>Pineapple: dried</b>	1 heaped tablespoon	<b>Sharon fruit</b>	1 sharon fruit
<b>Pineapple: fresh</b>	1 large slice	<b>Strawberry: canned</b>	9 strawberries
<b>Plum</b>	2 medium plums	<b>Strawberry: fresh</b>	7 strawberries
<b>Prune: canned</b>	6 prunes	<b>Sultanas</b>	1 heaped tablespoon
<b>Prune: dried</b>	3 prunes	<b>Tangerine</b>	2 small tangerines



Vegetable	Portion equivalent to 80g (As eaten / drained if canned)	Vegetable	Portion equivalent to 80g (As eaten / drained if canned)
<b>Ackee: canned</b>	3 heaped tablespoons	<b>Beans, runner: cooked</b>	4 heaped tablespoons
<b>Artichoke</b>	2 globe hearts	<b>Beansprouts: fresh</b>	2 handfuls
<b>Asparagus: canned</b>	7 spears	<b>Beetroot: bottled</b>	3 'baby' whole, or 7 slices
<b>Asparagus: fresh</b>	5 spears	<b>Broccoli</b>	2 spears
<b>Aubergine</b>	1/3rd aubergine	<b>Brussel sprouts</b>	8 Brussel sprouts
<b>Beans, black eye: cooked</b>	3 heaped tablespoons	<b>Cabbage</b>	1/6th small cabbage or 2 handfuls sliced
<b>Beans, broad: cooked</b>	3 heaped tablespoons	<b>Cabbage: shredded</b>	3 heaped tablespoons
<b>Beans, butter: cooked</b>	3 heaped tablespoons	<b>Carrots: canned</b>	3 heaped tablespoons
<b>Beans, cannelloni: cooked</b>	3 heaped tablespoons	<b>Carrots: fresh slices</b>	3 heaped tablespoons
<b>Beans, French: cooked</b>	4 heaped tablespoons	<b>Carrots: shredded</b>	1/3 cereal bowl
<b>Beans, kidney: cooked</b>	3 heaped tablespoons	<b>Cauliflower</b>	8 florets
<b>Celery</b>	3 sticks	<b>Peas: fresh</b>	3 heaped tablespoons
<b>Chick peas</b>	3 heaped tablespoons	<b>Peas: frozen</b>	3 heaped tablespoons
<b>Chinese leaves</b>	1/5th 'head' Chinese leaves	<b>Pepper: canned</b>	Half a pepper
<b>Courgettes</b>	Half a large courgette	<b>Pepper: fresh</b>	Half a pepper



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