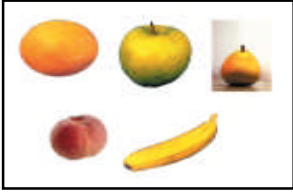


Healthy  
Eating

# Fruit and Vegetable Portions



## A portion of fruit is...



1 banana, apple, pear,  
peach or orange



**or**

1 handful of grapes



**or**

1 glass of unsweetened  
fruit juice



1 large slice of melon or  
Pineapple

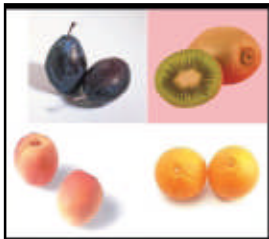


**And there is more .....**



1 bowl of raspberries or  
gooseberries or rhubarb or  
strawberries

**or**



2 plums or kiwi fruit or  
apricots or satsumas

**or**



1 tablespoon dried fruit like  
apricots or prunes



**A portion of vegetables is ...**



1 plate of salad

**or**



3 tablespoons of:



carrots

**or**



peas





broccoli

**or**



cauliflower

**or**



sprouts

**or**



green beans



**And there is more ...**



3 tablespoons of:



Cabbage

**or**



Mixed vegetables

**or**



Swede

Or any other vegetables  
you like to eat





## Notes

**Remember to have at least 5 portions of fruit and vegetables each day**



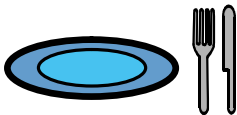


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