

PORTION SIZE GUIDE

Dr Leila Dehghan, plant-based nutritionist



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Health Professionals UK

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We often know what to eat, but are not sure how much to eat. Knowing what a portion size looks like will help us to eat a healthier diet.

The portion sizes below are averages for healthy adults.



Aim to have a minimum of 5 portions of a variety of fruits and vegetables each day.

Eating up to 10 portions a day has additional health benefits.

Aim for at least a portion of unsalted nuts per day.

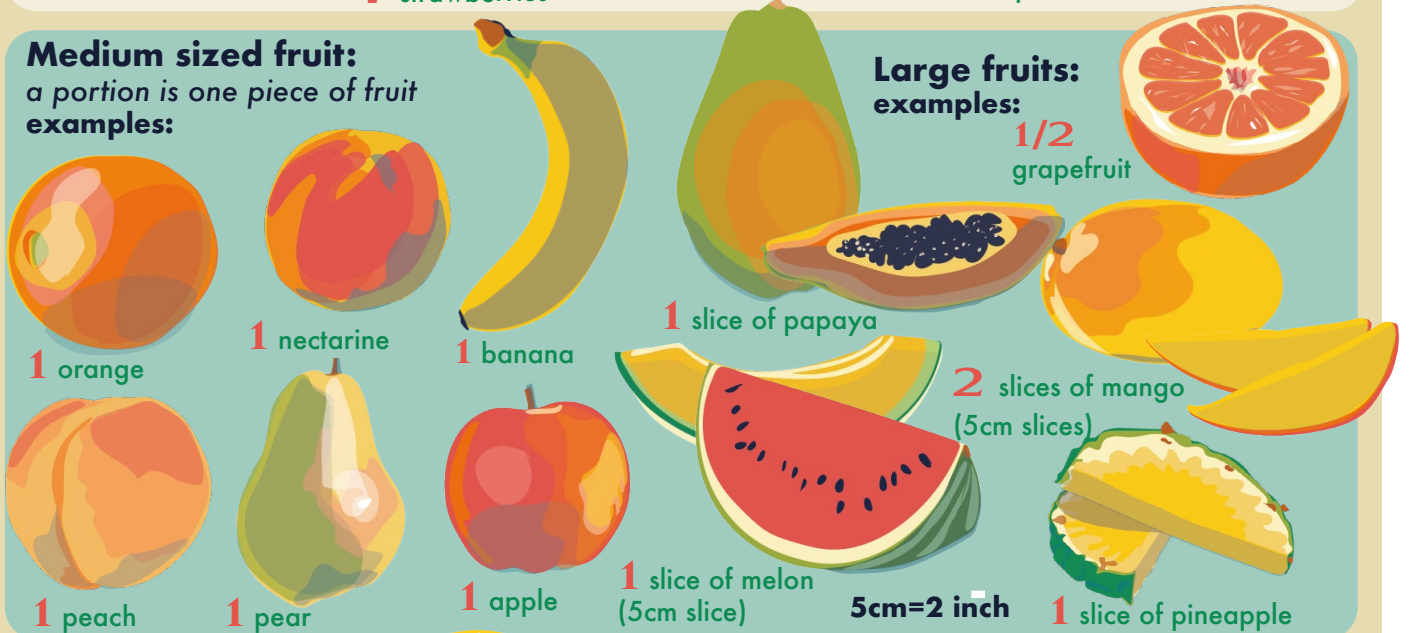
FRESH FRUITS

Small sized fruit: a portion is 2 or more examples:



Medium sized fruit: a portion is one piece of fruit examples:

Large fruits: examples:



CANNED FRUIT

in water or juice



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VEGETABLES

a portion of vegetable is:

3 heaped tbsp of peas, sweetcorn or carrots

3 heaped tbsp carrot shredded/cooked

3 heaped tbsp cabbage shredded

14 mushroom buttons

5 asparagus spears

8 florets of broccoli or cauliflower

1/2 avocado

4 heaped tbsp of kale, spinach, spring green

1 onion

7 cherry tomatoes or **1** medium sized tomato

3 sticks of celery

7 Brussel sprouts

1/2 pepper

3 heaped tbsp beans:

SEEDS
1/4 cup

1/2 large courgette

NUTS
1 serving is 30g - fill roughly the centre of the palm of an average adult

DRIED FRUITS

2 figs

1 heaped tbsp currants

1 heaped tbsp mango

1 heaped tbsp cranberries

1 heaped tbsp raisins

3 whole apricot

3 dates

FROZEN VEGETABLES

roughly the same portion size as you'd eat for a fresh portion
tbsp: 1 tablespoon