

WHAT DOES A 1 PORTION OF FRUITS AND VEG LOOKS LIKE

RED

1 tablespoon of tomato puree
1 tomato
2 tinned tomatoes
2 handfuls of raspberries
6 lychees
7 cherry tomatoes
7 strawberries
14 cherries
½ pepper
2 tablespoons of rhubarb
10 radishes

ORANGE

1 slice of papaya
1 glass of fruit juice
1 orange, nectarine, Sharon fruit, tinned peach
2 slices of mango
2 tangerines, satsumas, clementines
3 tablespoons of butternut squash
3 apricots
1 sweet potato
3 tablespoons of carrots, red lentils, baked beans

YELLOW

½ grapefruit
1 slice of pineapple
1 banana
3 tablespoons of sweetcorn, yellow lentils, chickpeas

PURPLE

1 tablespoon of raisins, currants, sultans
2 figs, plums, prunes
4 tablespoons of blackcurrants, blueberries
6 damsons, passion fruits
10 blackberries
½ aubergine
3 tablespoons of kidney beans
7 slices of beetroot

GREEN

½ avocado
1 slice of melon
1 handful of gooseberries
1 apple, pear
2 kiwi fruits
½ courgette
1 2-inch slice cucumber
1 handful of mangetouts
1 cereal bowl of raw spinach, watercress, lettuce, mixed leaves
2 tablespoons cooked spinach
2 handfuls of cabbage
2 spears of broccoli
2 artichoke hearts
3 sticks of celery
3 tablespoons of broad beans, peas, marrow, pak choi
4 tablespoons of green beans, kale, spring greens
5 spears of asparagus
8 brussels sprouts

WHITE

1 leek, onion
1 parsnip
2 handful of beansprouts
2 tablespoons of dried mushrooms
3 tablespoons of chopped mushrooms
3 tablespoons of cooked turnips, swede
8 spring onions
8 florets of cauliflower
14 button mushrooms
3 tablespoons of black-eyed peas, butter beans