Fruit, Vegetable and Water Tracker



Date	Glasses of Water	Number of Veggies	Number of Fruit	Date	Glasses of Water	Number of Veggies	Number of Fruit







Portion Sizes



The accepted wisdom of 5 fruit and vegetable portions a day is a target for maintaining adequate health, but newer studies show that for optimum nutrition we really should be aiming for more. For women, 7-8 potions a day and for men, 8-9 (depending on body size). Often we over estimate how many portions we eat during the day, so use the chart on the other side to help keep track of your daily fruit and vegetable intake.

We also often over estimate how much water we are drinking. An average sized glass of water is around 250ml, so keep track of how much water you are drinking. Do not count cups of coffee, tea or any fizzy drinks. Herbal teas may be counted.

Fruits	Vegetables				
Apples – 1 medium	Asparagus – 5 spears	Mushrooms - 3			
Apricots – 3	Aubergine – 1/3	handfuls sliced			
Avocado – ½	French beans – 12	Onion – 1 medium			
Banana – 1 medium	Beetroot - 1	Parsnips – 1			
Berries – 4 heaped tbsp	Broccoli – 2 medium	Peas – 3 heaped tbsp			
Cherries – 14	spears	Peppers – ½			
Clementines/mandarins	Brussels sprouts - 8	Pumpkin – 3 heaped			
/satsumas - 2	Butternut squash - 3	tbsp			
Dates/figs - 3	heaped tbsp	Radishes – 8			
Grapefruit – ½	Cabbage – 2 handfuls	Spinach (cooked) – 2			
Grapes – 14	sliced cabbage	heaped tbsp			
Kiwi fruit – 2	Carrots – 1 medium	Spinach (fresh) -			
Mango – ½	Cauliflower – 2 large	cereal bowl full			
Melon – 2" slice	florets	Sweet potato – 1 small			
Nectarines/peaches - 1	Celery – 2 sticks	Sweetcorn – 3 heaped			
Oranges – 1	Courgettes – ½ large	tbsp			
Pears – 1	Cucumber – 2"	Tomatoes – 1 large, 7			
Pineapple – 1 large slice	Curly kale (cooked) - 4	cherry			
Plums – 2	heaped tbsp	Watercress and other			
Strawberries – 7 medium	Leeks – 1	leafy green			
	Lettuce – cereal bowl	vegetables - cereal			
	full	bowl full			

Sources and further information: www.nhs.uk/livewell www.hsph.harvard.edu