Fruit and Vegetable Tracker



Date	Number of Vegetables	Number of Fruit	Date	Number of Vegetables	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.

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		
Nectarines/peaches - 1	Celery – 2 sticks	small		
Oranges – 1	Courgettes – ½ large	Sweetcorn - 3		
Pears – 1	Cucumber – 2"	heaped tbsp		
Pineapple – 1 large slice	Curly kale (cooked) -	Tomatoes – 1 large, 7		
Plums – 2	4 heaped tbsp	cherry		
Strawberries - 7	Leeks – 1	Watercress and		
medium	Lettuce – cereal bowl	other leafy green		
	full	vegetables - cereal		
		bowl full		

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