



Firecracker

Portion Guide

A portion is defined as 80g of fruit or vegetable. Ensure that you have a wide range of colours in your diet, as this will ensure that your getting a range of nutrients, try eating a rainbow of FRUIT AND VEGETABLES every day

Orange

Fruit:

Orange	1 medium
Peach	1 medium
Satsuma	2 small

Vegetables:

Carrots	3 heaped tbsp
Swede	3 heaped tbsp
Sweet Potato	1 medium

White

Vegetables:

Cauliflower	8 florets
Fennel	1/2 med bulb
Mushrooms	14
Parsnip	1 large
Turnip	3 heaped tbsp

Green

Fruit:

Avocado	1/2 medium
Gooseberries	1 handful
Green Apple	1 medium
Green Grapes	1 handful
Honeydew melon	1 slice
Kiwi fruit	2
Pear	1 medium

Vegetables:

Artichoke	2 globe heart
Asparagus	5 spears
Broad beans	3 heaped tbsp
Broccoli	2 spears
Brussels sprouts	8 sprouts
Celery	3 sticks
Chard (uncooked)	1 med bowl
Courgette	1/2 large
Cucumber	1 x 5cm slice
Green beans	4 heaped tbsp
Cabbage	3 heaped tbsp
Curly Kale	4 heaped tbsp
Green pepper	1/2 medium
Leek	1 (trimmed)
Lettuce	1 med bowl
Peas	3 heaped tbsp
Runner beans	4 heaped tbsp
Spinach (Uncooked)	1 med bowl
Spring onion	8 (trimmed)
Watercress, spinach & rocket salad	1 med bowl

Red

Fruit:

Cherries	14
Cranberries	5 heaped tbsp
Passion Fruit	5-6
Pomegranate	1 medium
Raspberries	2 handful
Red apple	1 medium
Red grapes	1 handful
Red/pink grapefruit	1/2 medium
Rhubarb (Stewed)	2 heaped tbsp
Strawberries	7
Watermelon	1 slice

Vegetables:

Radish	10
Red pepper	1/2 medium
Tomato	7 cherry
Red onion	1 medium

Brown

Fruit:

Prunes (canned)	6
Raisins/Sultanas	1 tbsp

Vegetables:

Onion	1 medium
Shallot	3

Yellow

Fruit:

Apricots	3
Banana	1 medium
Mango	1 large slice
Papaya	1 slice
Pineapple	1 large slice
Yellow grapefruit	1/2 medium

Vegetables:

Sweet corn	1 cob/6 baby
Yellow pepper	1/2 medium

Purple/Black

Fruit:

Blackberries	1 handful
Blackcurrants	4 headed tbsp
Blueberries	4 heaped tbsp
Plum	2 medium

Vegetables:

Aubergine	1/2 large
Red cabbage	3 heaped tbsp
Beetroot	7slices

