

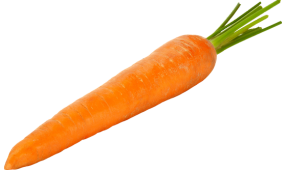
# How many portions do you eat?



Broccoli - 2 spears or 80 grams (raw or cooked)



Apples - 1 small apple or 80 grams



Carrots - 1 medium-sized carrot or 80 grams (sliced or chopped)



Bananas - 1 small banana or 80 grams



Spinach - 2 handfuls or 80 grams (raw or cooked)



Oranges - 1 small orange or 80 grams



Bell peppers (any color) - 1/2 medium-sized pepper or 80 grams (sliced or chopped)



Grapes - About 16 grapes or 80 grams (depending on size and type)



Tomatoes - 1 medium-sized tomato or 80 grams (cherry tomatoes)



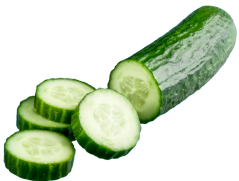
Berries (Strawberries, Blueberries, Raspberries, etc.) - About 3 handfuls or 80 grams (depending on the type)



Cauliflower - 4 large florets or 80 grams (raw or cooked)



Watermelon - 1 small slice or 80 grams (cubed)



Cucumbers - 1/2 medium-sized cucumber or 80 grams (sliced)



Pineapple - 1 small cup (chunks) or 80 grams



Green beans - 2 large handfuls or 80 grams (raw or cooked)



Mango - 1 small mango or 80 grams (sliced)



Courgette - 1/2 medium-sized zucchini or 80 grams (sliced or chopped)



Plums - 2 small plums or 80 grams



Mushrooms - 4 large mushrooms or 80 grams (raw or cooked)



Kiwi - 2 small kiwis or 80 grams



Peaches - 1 medium-sized peach or 80 grams