

Serving size

Recommended to lower your risk of more than 10 types of cancer.

Vegetables *Standard serve 75 grams*



1 handful of cooked vegetables



1 fist-size of starchy vegetables



1/2 cup of cooked or frozen vegetables



1 cup of raw salad vegetables



1 small potato

Fruit *Standard serve 150 grams*



1 medium size fruit

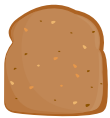


2 small fruits



1 cup diced or canned fruit

Wholegrain cereals & wholemeal foods



1 slice of wholemeal or wholegrain bread



3 wholemeal or mixed grain crisp breads



1/2 cup of cooked porridge or oats



1/2 cup of cooked brown rice or quinoa



1/2 cup of cooked wholemeal pasta

Legumes & beans



1/2 cup of legumes or beans = 1 serve of vegetables

or



1 cup of legumes or beans = 1 serve of protein rich food

What foods should you limit or avoid?



red & processed meat



salt



sugary foods & drinks



alcohol