

# What is a serve?

## for Cancer Survivors



This fact sheet is one in a series developed for cancer survivors who have finished active treatment. Eating well and maintaining a healthy weight may help lower the chances of some cancers returning and improve overall health.

**Some people find that eating small meals – and having a few healthy snacks in between – can help them manage their appetite and weight better. Planning to have a healthy snack, rather than sneaking a guilty one, can help you feel more in control and less likely to eat something unhealthy because of a sudden craving.**

### How much should I eat?

- Adults need to eat at least five serves of vegetables and two serves of fruit every day for good health and to help reduce the risk of cancer returning.
- Pregnant and breastfeeding women should eat more serves of fruit and vegetables each day.
- The serving size for children is the same as for adults, but the number of serves recommended for children and adolescents is adjusted according to their age, appetite and activity levels.
- See the table (right) for recommendations.

Age	Vegetables (serves)	Fruit (serves)
4 – 7 years	2 – 4	1 – 2
8 – 11 years	3 – 5	1 – 2
12 – 18 years	4 – 9	3 – 4
Adults	5 or more	2 or more
Pregnant women	5 – 6	4
Breastfeeding women	7	5

### How much is a 'serve'?

The picture below shows how three serves look on a dinner plate with chicken.



3 serves

A 'serve' of VEGETABLES is 75 grams (edible portion, i.e. what you actually eat) or:

- ½ cup cooked vegetables or cooked legumes (e.g. lentils)
- ½ medium potato
- 1 cup salad vegetables
- 8 carrot or celery sticks (about 10 cm long)
- 6 cherry tomatoes
- 1 bok choy

A 'serve' of FRUIT is 150 grams (edible portion, i.e. what you actually eat) or:

- 1 medium piece (e.g. apple)
- 2 small pieces (e.g. apricots)
- 1 cup chopped or canned fruit
- 1 small bunch of grapes
- 1½ tablespoons of sultanas
- 7 strawberries



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## Your Questions Answered

**Q: Does it have to be fresh fruit and vegetables?**

**A:** No. Fresh, frozen, canned and dried fruit and vegetables all count towards your daily target. If you choose canned varieties, look for vegetables with no added salt or reduced salt, and fruit in natural juice (not syrup).

**Q: Does juice count?**

**A:** A glass of 100% juice (fruit or vegetable juice) counts as one serve. But you can only count juice as one serve no matter how much you drink. This is because juice has very little fibre. If you do drink juice, try to limit your intake to one small glass per day.

**Q: Can I eat multiple serves of the same fruit or vegetable?**

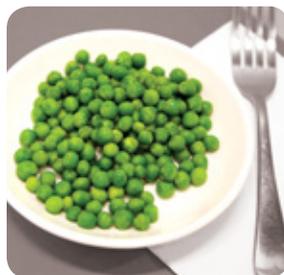
**A:** To get the maximum benefits, it is best to eat different types of vegetables and fruit. This is because they all contain different combinations of vitamins, minerals and other nutrients. So aim to eat a variety of different vegetables and fruit every day.

**Q: Where can I get some tasty, family-friendly recipes that contain lots of vegetables and fruit?**

**A:** See the fact sheet *Fruit and Vegetables*, as well as the Go for 2 and 5 website, [www.gofor2and5.com.au](http://www.gofor2and5.com.au), for lots of ideas for snacks, meals and desserts.



1 bok choy



½ cup peas



1 cup salad



Approx. 8 carrot sticks



1½ tablespoons sultanas



2 apricots



125 mL 100% orange juice

*This fact sheet provides general information only and is not a substitute for individual health advice. You should talk to your doctor or dietitian about your specific situation.*

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