

# Recommended fruit portions (Size of one serving)

Here are examples of fruit serving sizes, bearing in mind we should be eating two servings of fruits per day.



Orange, apple, custard apple, star fruit, pear, peach, persimmon, sapodilla (ciku), kiwi

**One medium-sized fruit**



Papaya, pineapple, watermelon, soursop (durian belanda)

**One slice**



Langsat, grapes, longan, water apple (jambu air)

**Eight fruits**



Mangosteen, plum

**Two small fruits**



Durian

**Two medium-sized seeds**



Hog plum (kedondong)

**Six fruits**



Dried dates (kurma)

**Two pieces**



Banana

**One small fruit (60g)**



Raisin

**One tablespoon full (20g)**



Cempedak, jackfruit (nangka)

**Four pieces**



Guava, mango

**Half a fruit**



Prunes

**Three pieces**



Pomelo

**Five slices**



Lychee, rambutan

**Five fruits**