

CARIBBEAN FRUITS

RECOMMENDED SERVING SIZES

WORLD HEALTH ORGANISATION RECOMMENDATION

Eat at least **5 SERVINGS** of fruits and vegetables daily

That is a total of at least **400g** of fruits and vegetables **EVERY DAY**

We strongly recommend that you consume Caribbean fruits and vegetables to meet these daily serving requirements

A serving is a helping of food or drink

Rates of fruit and vegetable consumption in the Caribbean are **LOW**

The WHO daily fruit and vegetable intake recommendation is not being met regionally

More than 85% of the population in most Caribbean countries does not eat 5 servings of fruits and vegetables daily

Serving Size Example

Coconut Water (without jelly)

1 SERVING of coconut water = **1 CUP** of coconut water

3 SERVINGS of coconut water = **3 CUPS** (3 x 1 cup) of coconut water

A 2017 study developed serving sizes for fruits and vegetables common to the English speaking Caribbean

Serving Size Example

Mango

1 SERVING of mango = **1 SMALL** mango OR **1/2 a MEDIUM** mango

2 SERVINGS of mango = **2 SMALL** mangoes (2 x 1 small mango) OR **1 MEDIUM** mango (2 x 1/2 a medium mango)

Use our guide below to determine serving sizes for common Caribbean fruits

CARIBBEAN FRUITS

A GUIDE TO SERVING SIZES

Scientific Name	Common Name	Size of One Serving
<i>Mammea americana</i>	Apricot/Mammy Apple	1/2 Cup
<i>Musa acuminata</i>	Banana (Ripe)	1/2 Cup
<i>Passiflora quadrangularis</i>	Barbadine	1/4 Cup
<i>Averrhoa carambola</i>	Carambola/ Five Finger	1 Cup
<i>Cucumis melo var. cantalupensis</i>	Cantalope	3/4 Cup
<i>Anacardium occidentale</i>	Cashew	1/2 Cup Cubed
<i>Momordica balsamina</i>	Cerasee	3/4 Cup
<i>Melicoccus bijugatus</i>	Chenette/ Guinep	1/3 Cup
<i>Malpighia puniceifolia</i>	Cherries (West Indian)	3/4 Cup or 15 Small
<i>Theobroma cacao</i>	Cocoa	1/8 Cup
<i>Cocos nucifera</i>	Coconut Water (No Jelly)	1 Cup
<i>Ziziphus mauritiana</i>	Coolie Plum/ Dunks/ Dongs	1/3 Cup or 12 Small
<i>Annona reticulata</i>	Custard Apple	1/4 Cup
<i>Chrysobalanus icaco</i>	Fat Pork	1/2 Cup
<i>Psidium guajava</i>	Guava	1/2 Cup
<i>Spondias cytherea or Spondias dulcis</i>	Golden Apple/ Pommecythere/ Jew (June) Plum	1/2 Cup
<i>Citrus paradise</i>	Grapefruit	3/4 Cup
<i>Flacourtia indica</i>	Governor Plum	1/4 Cup or 10 Small
<i>Acrocomia aculeata</i>	Gru Gru Bef / Banga	1/8 Cup
<i>Spondias mombin</i>	Hog Plum	1/2 Cup or 10 Small
<i>Ficus carica</i>	Mediterranean Figs	1/3 Cup
<i>Morinda citrifolia</i>	Hog Apple/ Noni/ Duppy Soursop	3/4 Cup
<i>Artocarpus heterophyllus</i>	Jackfruit	1/4 Cup
<i>Citrus limon</i>	Lemon	3/4 Cup or 1 Medium
<i>Citrus aurantifolia</i>	Lime	1/2 Cup or 1 Small
<i>Citrus reticulata</i>	Mandarin/ Tangerine/ Portugal	1/2 Cup or 1 Small
<i>Mangifera indica</i>	Mango	1 Small or 1/2 Medium
<i>Pouteria zapota</i>	Mammy Sapote	1/4 Cup
<i>Manilkara zapota</i>	Naseberry/ Sapodilla	1/3 Cup
<i>Citrus sinensis</i>	Orange	1/2 Cup or 1 Small
<i>Syzygium malaccense</i>	Otaheite apple/ Pomerac	1/3 Cup or 1 Medium
<i>Passiflora edulis</i>	Passion Fruit	1/4 Cup
<i>Carica papaya</i>	Pawpaw/ Papaya	1/2 Cup Cubed
<i>Bactris gasipaes</i>	Peewah	1/4 Cup
<i>Ananas comosus</i>	Pineapple	1/2 Cup
<i>Eugenia uniflora</i>	Surinam Cherry	3/4 Cup
<i>Punica granatum</i>	Pomegranate	1/3 Cup
<i>Syzygium jambos</i>	Rose Apple	1 Cup
<i>Citrus maxima</i>	Shaddock	3/4 Cup
<i>Hibiscus sabdariffa</i>	Sorrel	1/2 Cup
<i>Chrysophyllum cainito</i>	Star apple/ Caimit	1/2 Cup
<i>Musa acuminata</i>	Sucrier Figs/ Lady Fingers	1/3 Cup
<i>Annona</i>	Soursop	1/3 Cup
<i>Annona squamosa</i>	Sweetsop / Sugar Apple	1/4 Cup
<i>Tamarindus indica</i>	Tamarind	1/8 Cup
<i>Dipteryx odorata</i>	Tonka Bean	1/2 Cup
<i>Citrullus vulgaris</i>	Watermelon	3/4 Cup

Sources

Foster-Nicholas, L. A. (2017) Developing Standard Serving Sizes for Caribbean Fruits and Vegetables for the English Speaking Caribbean Countries. Loma Linda University School of Public Health. Loma Linda, CA.

HCC (2017) NCDs in the Caribbean. Available at: <https://www.healthycaribbean.org/ncds-in-the-caribbean/> (Accessed: July 30 2018)

WHO (2015) Healthy Diet. Available at: <http://www.who.int/en/news-room/fact-sheets/detail/healthy-diet> (Accessed: July 30 2018).

Be sure to also check out our guide to serving sizes for common Caribbean vegetables