

FIND YOUR BALANCE

GET PORTION WISE

Having a healthy, balanced diet is about getting the right types of foods and drinks in the right amounts for you. This guide aims to give you an idea of portion sizes for different foods for adults and how many portions of each food group to aim for each day. It's so quick and easy to follow!



Finding your balance across the day



fruit & veg 5+

carbs 3-4

protein 2-3

dairy 3-4

oils



Handy portion sizes

Your hands are perfect for measuring the right portion size for you - this guide gives examples of portion sizes for different food and drinks for adults.

food	1 portion	weight
fresh fruit	1 handful	80g
vegetables	3 serving spoons	80g
fruit juice	1 small glass	150ml
dried rice or pasta	2 handfuls	65-75g
cooked rice or pasta	2 cupped hands	180g
flaked breakfast cereal	3 handfuls	40g
dried porridge oats	1.5 handfuls	40g
baked potato	fist sized	220g
grilled chicken breast	half hand sized	120g
cooked fish fillet	half hand sized	100-140g
cooked steak	half hand sized	130g
cooked pulses	6 tablespoons	120g
tinned tuna	one tin	120g
houmous	2 tablespoons	55g
nuts and seeds	palm sized	20g
yoghurt	4 tablespoons	120g
cheddar cheese	2 thumbs together	30g
milk	1 medium glass	200ml
oils or spreads	one teaspoon	3-5g

