FIND YOUR BALANCEGET PORTION WISE

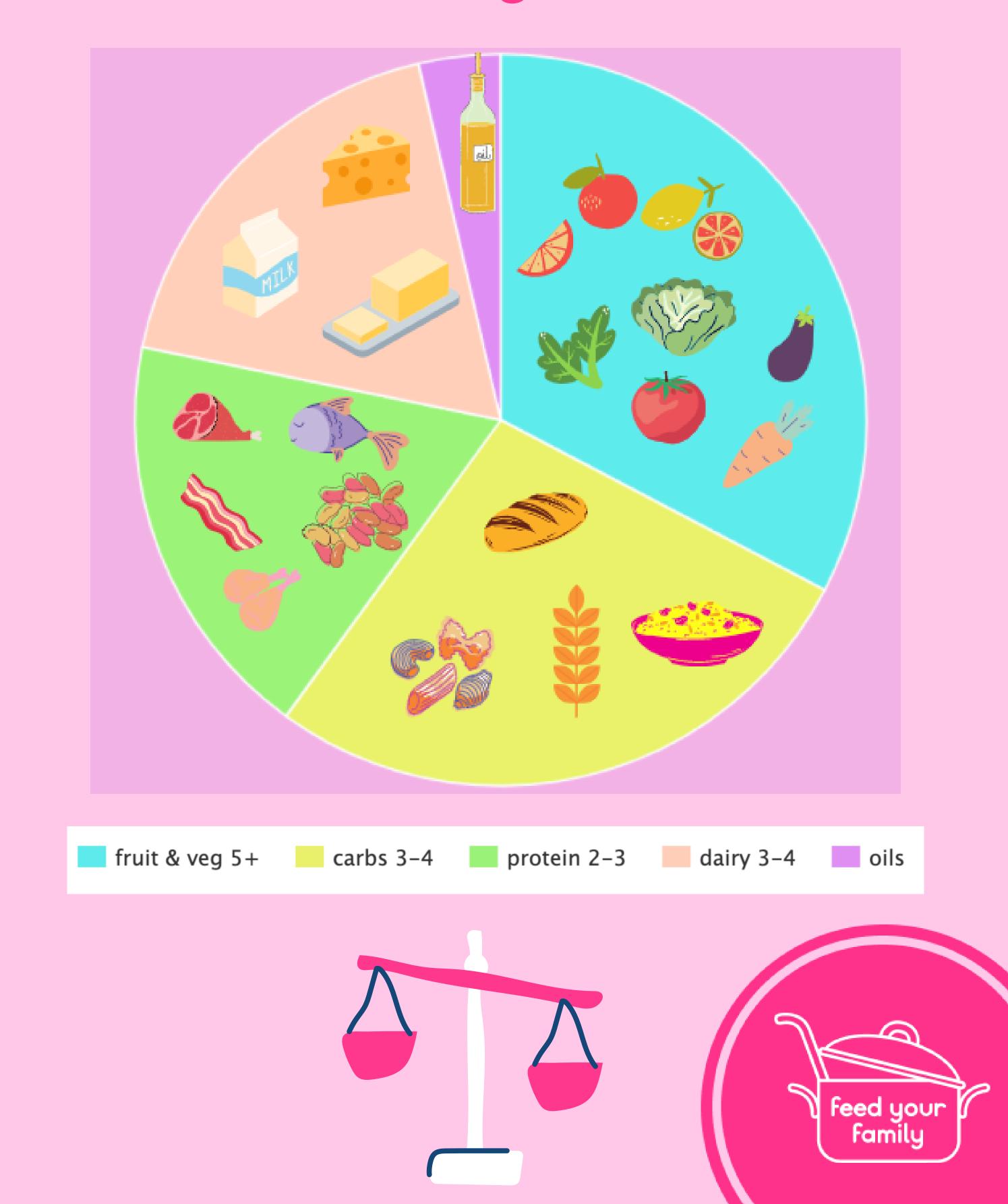
Having a healthy, balanced diet is about getting the right types of foods and drinks in the right amounts for you. This guide

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



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
vegetables
fruit juice
dried rice or pasta
cooked rice or pasta
flaked breakfast cereal
dried porridge oats
baked potato

1 handful	80g
3 serving spoons	80g
1 small glass	150ml
2 handfuls	65-75g
2 cupped hands	180g
3 handfuls	40g
1.5 handfuls	40g
fict sine d	220~

grilled chicken breast cooked fish fillet cooked steak cooked pulses tinned tuna houmous nuts and seeds yoghurt cheddar cheese milk oils or spreads half hand sized half hand sized half hand sized half hand sized 6 tablespoons one tin 2 tablespoons palm sized 4 tablespoons 2 thumbs together 1 medium glass one teaspoon 220g 120g 100-140g 130g 120g 120g 55g 20g 120g 30g 30g 200ml 3-5g

feed your

Family