

OIL AND SPREADS

- Olive oil, vegetable oil
- Full fat spread
- Butter
- Low fat spread or light butter

PORTION 2-3 PER DAY

- 1 fingertip
- 1 fingertip
- 1 fingertip
- 2 fingertips



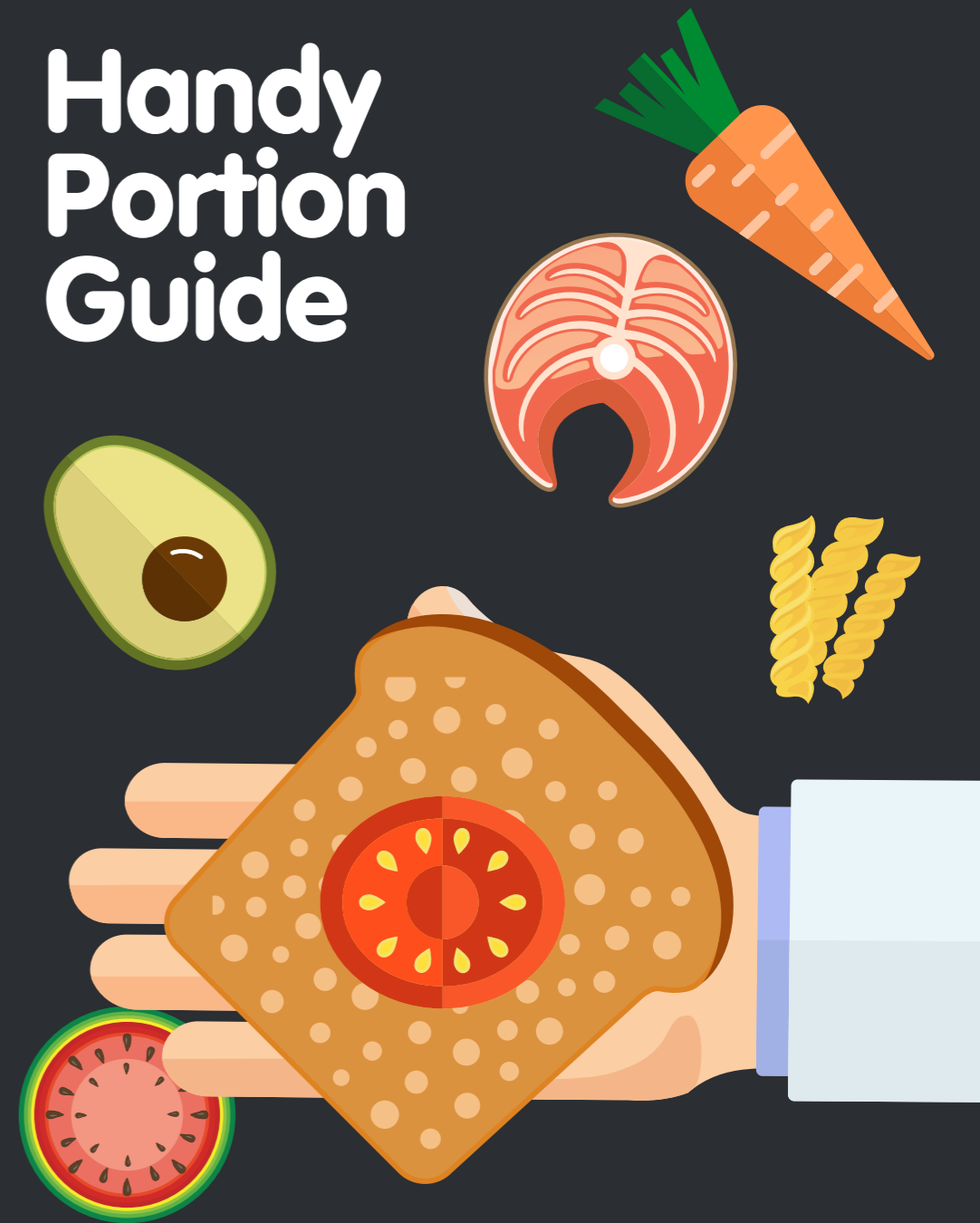
FRUIT AND VEGETABLES

- Broccoli, cauliflower, cabbage, kale (cooked)
- Carrots, swede, sweet potato, parsnip, squash
- Green beans, broad beans, soya beans
- Leek, onion, mushrooms, pepper, courgette, cucumber, aubergine
- Sweetcorn and peas
- Green leafy salad veg
- Apple, pear, orange, banana, grapes, satsuma, kiwi, plum, berries, avocado
- Tinned fruit: mandarins, pears, grapefruit, peaches
- Pineapple, melon, mango
- Fruit juice (150ml)
- Dried fruit

PORTION 5-7 PER DAY HALF FRUIT AND HALF VEG

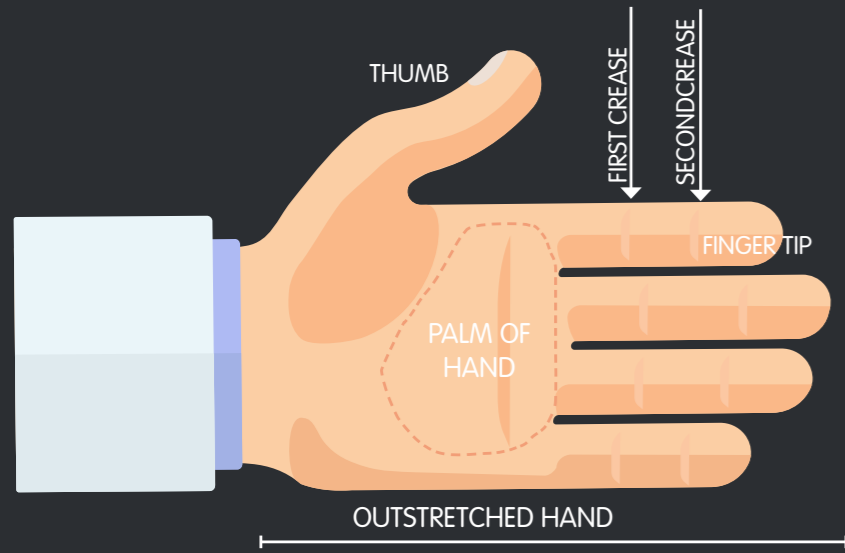
- 1 cupped hand
- 1 cupped hand
- 1 cupped hand
- 1 cupped hand
- 1 cupped hand
- 2 cupped hands
- 1 cupped hand
- 1 cupped hand
- 1 cupped hand
- 1 small glass
- 1/2 palm of hand

Handy Portion Guide



HANDY PORTION GUIDE

Use your hand to estimate one portion.
Next work out how many portions you are having.
Look at the average portions per day and see if you are having too much or too little of each food group.



DAIRY AND ALTERNATIVES

- Cheese
- Yoghurt
- Milk
- Cottage cheese



PORTION 2-3 PER DAY

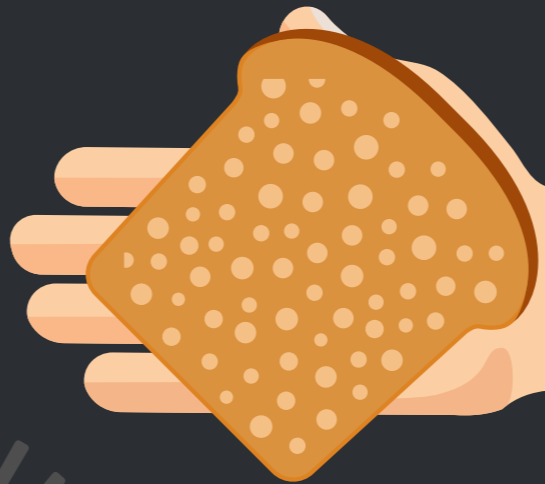
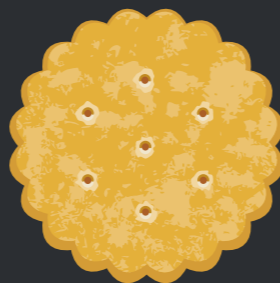
- Length of thumb
- 1 x 125g pot
- 1 cup/ 200ml
- 1 x cupped hand

POTATOES, BREAD, RICE, PASTA AND OTHER STARCHY CARBOHYDRATES

PORTION 6-7 PER DAY

- 1 slice of bread (medium/large)
- Chapatti
- Naan
- Pitta
- Crackers, crispbreads
- Rice and pasta cooked
- Potato mashed, jacket, boiled
- Breakfast cereal

- 1 outstretched hand
- 1 outstretched hand
- 1 outstretched hand
- 1 outstretched hand
- 1 outstretched hand
- 1 x palm of hand
- 1 x palm of hand
- 2 x palm of hand



BEANS, PULSES, FISH, EGGS, MEAT AND OTHER PROTEINS

PORTION 2-3 PER DAY

- Beans and dahl
 - Nuts
 - Mackerel, salmon, sardines, trout
 - Burger (1/4 lb)
 - Beef, pork, lamb
 - Poultry
 - Cod, haddock, pollock, bream
 - Sausages
- 1 x palm of hand
 - 1 x palm of hand
 - 1 x palm of hand
 - 1 x palm of hand
 - 1 thin slice to 1st crease hand
 - 2 thin slices each to 1st crease hand
 - To 2nd crease hand
 - 2 thin, 2 fingers
 - 1 thick, 1 thumb



DRINKS

Water based sugar free drinks

8 cups/2000ml

