

WHAT'S THE RIGHT PORTION SIZE FOR YOU?

These portion sizes and daily amounts are for guidance only. The amount you need to eat depends on your age, gender and how active you are. Be **#PortionSizeWise**



— **BE** —
PORTION
SIZE
— **WISE** —

STARCHY FOODS

Choose wholegrain varieties where possible.
Aim to include 7-9 portions a day.

Rice & Pasta

2-3 heaped tablespoons



Bread

1 medium wholemeal slice (40g)



Potatoes

2 new potatoes (boiled), 1 medium sized jacket potato (150g)

DAIRY FOODS

Choose low-fat varieties when possible.
Aim to include 3 portions a day.

Cheese

30g: the size of a small matchbox



Milk

200-300ml: ½ pint or 1 glass of skimmed milk



Yoghurt & fromage frais

150ml: 1 small pot of low-fat yoghurt



MEAT & ALTERNATIVES

Aim to include 2-3 portions a day.

White fish

150g (cooked weight): the size of a slim glasses case



Meat, poultry & oily fish

80g (cooked weight): the size of a pack of cards



Eggs

2 medium eggs



Baked Beans

½ tin of baked beans

FRUIT & VEGETABLES

Eat at least 5 portions a day.



Broccoli

2 broccoli spears

Carrots

3 heaped tablespoons (chopped)



Banana

1 medium sized banana

Apple

1 medium sized apple



Fatty & sugary products

Try not to eat too much of this type of food and avoid highly processed foods. Opt for healthier fats like rapeseed or olive oil.