

PORTION SIZE MATTERS

A handful of tricks to know
how much is enough (part 1)

Why pay attention to portion sizes?



It's easy to overload the plate and eat too much



Over the years portion sizes have grown



Being mindful of how much and what we eat helps



The size of our hand comes handy for measuring a healthy portion



Portion sizes for children? Smaller hands equal smaller portions! Use these 'handy' tools to adjust the portions accordingly.

WHAT MAKES A PORTION OF FRUIT AND VEG?

Generally, a portion of fruit or veg is 80 g.
Aim for 5 portions of a variety of fruit and veg a day.



SMALL FRUITS
2 PIECES



MEDIUM FRUITS
1 PIECE

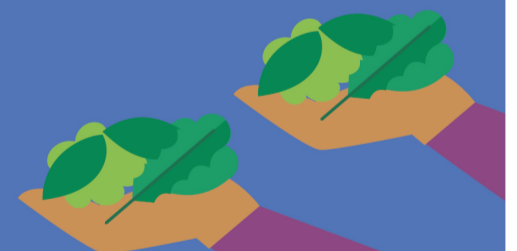


LARGE FRUITS
1 SLICE

ROOT VEG
1 FIST



CARROTS POTATOES



LEAFY SALAD
2 HANDFULS



BERRIES
1 HANDFUL

PORTION SIZE MATTERS

A handful of tricks to know how much is enough (part 2)

WHAT MAKES A PORTION OF PROTEIN?

Aim for at least 2 portions of fish a week. Eat less red and processed meat.



MEATS & FISH
PALM OF HAND



EGGS
2 MEDIUM



BEANS
1 FIST

WHAT IS ONE PORTION OF DAIRY?

Choose options lower in fat and sugar.



MILK
200ML



YOGHURT
125ML

CHEESE
INDEX FINGER



HOW MUCH IS ONE PORTION OF GRAINS AND CEREALS?

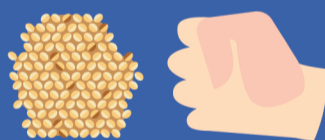
Aim for the wholegrain options.



PASTA (UNCOOKED)
1 HANDFUL



BREAD
1 SLICE



CEREAL
1 FIST



MIXED NUTS
1 SMALL HANDFUL

WHAT MAKES A PORTION OF FATS AND OILS?

Aim for unsaturated fats, limiting trans fats. Fats are high in calories so it's especially useful to watch your portion size.

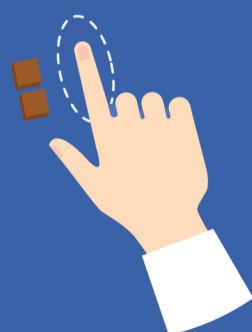


ICE CREAM SCOOP
½ FIST



SMOOTHIE
150ML
(ONE SMALL CUP)

CHOCOLATE
INDEX FINGER



BUTTER
THUMB TIP



PEANUT BUTTER
THUMB



OLIVE OIL
THUMB TIP