

# 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.