

# WHAT'S THE RIGHT PORTION SIZE FOR YOU?

Live Life  
**BETTER**  
DERBYSHIRE

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**

## 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)



### Apple

1 medium sized apple



### Banana

1 medium sized banana



### 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.