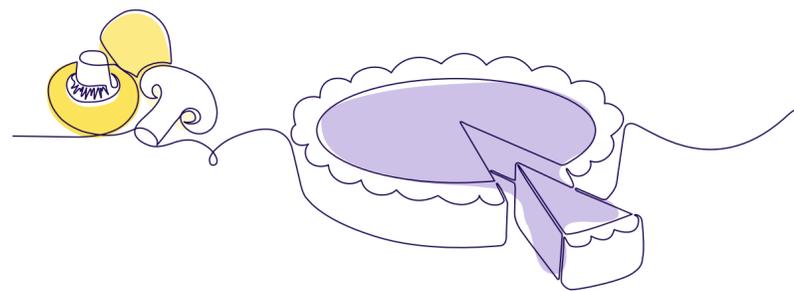


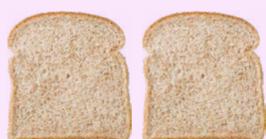
# WHAT IS A HEALTHY PORTION SIZE?



Eating healthy portion sizes from the food groups below can help you get the balance of nutrients you need. It can also help you maintain a healthy weight, which can help reduce your risk of many common cancers. Here are some examples of what a healthy portion size is for an average adult\*.

## STARCHY FOODS:

Eat 3 to 4 portions daily. Where possible try to choose wholegrain varieties.



**BREAD**  
2 medium slices



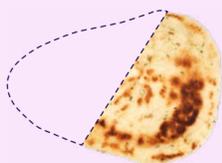
**RICE**  
75g or two handfuls  
(dried weight)



**EGG NOODLES**  
65g – use packet as guide



**WHITE OR SWEET POTATO**  
220g or about the size  
of your fist



**PLAIN NAAN BREAD**  
Half a plain naan (70g)



**PASTA**  
75g or two handfuls  
(dried weight)



**BREAKFAST CEREAL**  
40g or about 3 handfuls



**YAM**  
180g or about 4 tablespoons

## PROTEIN FOODS: MEAT, FISH, EGGS, DAIRY, PULSES, SOYA, TOFU AND QUORN

Eat 2 to 3 portions daily. Choose lean meat (such as skinless chicken) and aim for no more than three portions of red meat a week. Try to avoid processed meat (eg bacon and ham).



**WHITE & OILY FISH**  
140g or about the size of  
your palm  
(cooked weight)



**MEAT & POULTRY**  
80g or about the size  
of a deck of cards  
(cooked weight)



**EGGS**  
2 medium



**PULSES (PEAS, BEANS  
AND LENTILS)**  
120g or about  
6 spoonfuls



**SOYA, TOFU AND MEAT  
ALTERNATIVES**  
80–100g or use size  
of pack as instructed

## DAIRY AND FORTIFIED DAIRY ALTERNATIVES:

Eat 2 to 3 portions daily. Choose low or reduced fat, and no added sugar varieties.



**MILK &  
ALTERNATIVES**  
1 glass or 200ml



**CHEESE**  
30g or about the  
size of two thumbs



**YOGHURT**  
1 standard pot  
or about 125g

## UNSATURATED OILS AND SPREADS



These are healthier fats and include olive and rapeseed oil. As all types of fat are high in calories, use in small amounts.

## TRY TO LIMIT AS MUCH AS POSSIBLE



Foods high in fat, sugar and salt

\*The portion size that an individual requires will vary depending on factors such as age, gender, body size, and physical activity levels.

Eating a variety of at least five portions of vegetables and fruit every day is a key part of a healthy, balanced diet. To find out what a portion is, check out our 'What is a 5 A DAY portion poster'. Available at: [wcrf-uk.org/5ADAY](http://wcrf-uk.org/5ADAY)