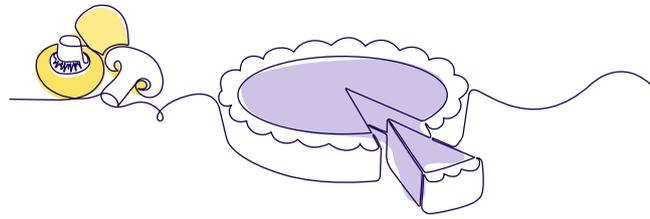


WHAT IS A HEALTHY PORTION SIZE?



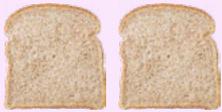
Choosing healthy portion sizes from the food groups below can help you get the right balance of nutrients. It also supports a healthy weight, which lowers the risk of many common cancers. Here are examples of what a healthy portion looks like for an average adult.*

STARCHY FOODS

Eat 3 to 4 portions daily. Choose wholegrain or higher fibre versions with less added fat, salt and sugar.

Bread

2 medium slices



Rice

75g or two handfuls (dried weight)



Egg noodles

65g or one nest (dried weight)



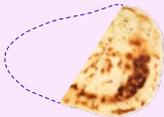
Baked potatoes

220g or about the size of your fist



Plain naan bread

70g or half a plain naan



Pasta

75g or two handfuls (dried weight)



Breakfast cereal

40g or about three handfuls



Yam

180g or about 4 tablespoons (boiled weight)



PROTEIN FOODS: PULSES, SOYA, TOFU, FISH, EGGS, MEAT

Eat 2 to 3 portions daily. Eat more beans and pulses, and try to eat fish twice a week. Choose lean meats such as skinless chicken and limit red meat to no more than three portions weekly. Avoid processed meat altogether (eg ham).

Pulses (beans, chickpeas and lentils)

120g or about 6 tablespoons



Soya, tofu and meat alternatives

80–100g or portion size as instructed



Eggs

2 medium



Fish white and oily

140g or about the size of your palm (cooked weight)



Meat

90g or about the size of a deck of cards (cooked weight)



DAIRY AND FORTIFIED DAIRY ALTERNATIVES:

Eat 2 to 3 portions daily. Choose lower fat and lower sugar options.

Milk and alternatives

200ml or 1 glass



Cheese

30g or about the size of two thumbs



Yoghurt

125g or 1 standard pot



UNSATURATED OILS AND SPREADS

These are healthier fats and include olive, rapeseed and other vegetable oils and spreads.

As all types of fat are high in calories, use in small amounts



EAT LESS OFTEN AND IN SMALL AMOUNTS

Foods high in fat, sugar and salt



* Healthy portion sizes may differ depending on your age, gender, body size and how active you are, so use this as a helpful starting point.

Eating a variety of at least five portions of vegetables and fruit everyday is a key part of a healthy, balanced diet.

To find out what a portion is, get our 5 A DAY portion poster at: wcrf.org/5ADAY