

A GUIDE TO PORTION CONTROL

For general guidance only. Individual needs may vary.

PROTEIN RICH FOODS

Meat, Fish, Eggs, Beans, Pulses & Other Proteins

Daily Intake:
2-3 portions a day

Eat beans and pulses such as lentils more often.

1 portion of protein is:

- 70g Lean red meat
- 140g cooked fish
- 2 medium eggs
- 5 tbsp cooked lentils or other pulses
- 2 tbsps (40g) nuts
- 120g vegetarian sources such as quorn, tofu or soya



FRUIT AND VEGETABLES

Try to eat at least 5 portions of a variety of fruit and vegetables everyday

Daily Intake:
5 portions a day

Try to eat more vegetables than fruit to limit sugar intake.

1 portion of fruit is:

- 2 clementines
- 1 apple
- 1 pear
- 1 peach or
- 1 medium banana

1 portion of veg is:

- 4 heaped tbsp kale, spinach or green beans
- 3 heaped tbsp carrots, peas or sweetcorn
- 2 spears of broccoli
- 7 cherry tomatoes



STARCHY CARBOHYDRATES

Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates

Daily Intake:
6-8 portions a day

Choose wholegrain versions where possible.

1 portion of carbohydrate is:

- 1 slice of bread
- 2-3 "egg sized" potatoes
- 3-4 tbsp (30g) breakfast cereal
- 1/4 cup (75g) rice or other grains
- 100g pasta



DAIRY AND ALTERNATIVES

Dairy or dairy alternatives about 3 times a day. Choose lower fat versions where possible.

Daily Intake:
3 portions a day

Use fortified alternatives, such as soya and almond milk.

1 portion of dairy is:

- 125g plain yoghurt
- 30g hard cheese
- 200ml glass of milk

