



How to Measure Portion Sizes with your Hands (Infographic)

Last Updated : 01 April 2019

A balanced diet is not only about eating the right kinds of foods but also about consuming them in the right amounts. Larger portions may encourage over consumption, which, in turn, may lead to weight gain. However, it can sometimes be difficult to know what a healthy portion is. This infographic provides some general tips to help you understand what a portion is for different foods. Remember though, age, body size and physical activity level will all affect a person's daily energy requirements. Therefore, some individuals may require larger or smaller portions than recommended here.

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PORTION SIZE MATTERS

A handful of tricks to know how much is enough



Why pay attention to portion sizes?



It's easy to overload the plate and eat too much.



Over the years portion sizes have grown.



Being mindful of how much and what we eat helps.



The size of our hand serves handy for measuring a healthy portion.

Portion sizes for children and smaller hands may be smaller than those shown. Use these handy tips to adjust the portion accordingly.



WHAT MAKES A PORTION OF FRUIT AND VEG?

Generally, a portion of fruit or veg is 80 g. Aim for 5 portions of a variety of fruit and veg a day.



SMALL FRUITS
2 PORTIONS



MEDIUM FRUITS
1 PORTION



LARGE FRUITS
1 SLICE



BERRIES
1 HANDFUL



HANDFULS



LEAFY SALAD
2 HANDFULS



CARROTS



ROOT VEG
1 TUB



POTATOES

WHAT MAKES A PORTION OF PROTEIN?

Aim for at least 2 portions of fish a week. Eat less red and processed meat.



FISH & FISH
FILLET OF FISH



MEAT & FISH
PALM OF HAND



MEAT & FISH
PALM OF HAND



EGGS
2 EGG



MEAT
1 TUB

WHAT IS ONE PORTION OF DAIRY?

Choose options lower in fat and sugar.



MILK
1 CUP



YOGURT
1 CUP



CHEESE
1 TUB

HOW MUCH IS ONE PORTION OF GRAINS AND CEREALS?

Aim for the wholegrain options.



WHEAT, BUCKWHEAT
1 HANDFUL



WHEAT
1 TUB



CEREAL
1 TUB

WHAT IS ONE PORTION OF NUTS?

Nuts are a great snack, they're filling and contain heart-healthy unsaturated fats.



NUTS
1 SMALL HANDFUL

WHAT MAKES A PORTION OF FATS AND OILS?

Aim for unsaturated fats, limiting trans fats. Fats are high in calories so it's especially useful to watch your portion size.



BUTTER
1 TUB



BUTTER
1 TUB



OLIVE OIL
1 TUB

HOW BIG IS A PORTION OF TREATS?

Enjoy them occasionally.



ICE CREAM SCOOP
1 TUB



ICE CREAM
1 TUB



CHOCOLATE
1 TUB