



How to Measure Portion Sizes with your Hands (Infographic)

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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 younger adults may be smaller than those listed here. Use the 'handy' tools 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 FRUITS



MEDIUM FRUITS
1 FRUIT



LARGE FRUITS
1 SLICE



BERRIES
1 HANDFUL



HANDFULS



LEAFY SALAD
2 HANDFULS



CARROTS



BOILED EGG
1 EGG



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
1 PIECE OF FISH



MEAT & FISH
1 PIECE OF MEAT



BREAD
2 BREAD



EGGS
2 EGGS



BEANS
1 HAND

WHAT IS ONE PORTION OF DAIRY?

Choose options lower in fat and sugar.



MILK
1 CUP



YOGURT
1 CUP



CHEESE
1 OZ (28g)

HOW MUCH IS ONE PORTION OF GRAINS AND CEREALS?

Aim for the wholegrain options.



WHEAT BREAD
1 SLICE



BREAD
1 SLICE



CEREAL
1 HAND

WHAT IS ONE PORTION OF NUTS?

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



NUTS
1 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 TABLESPOON



BUTTER
1 TABLESPOON



OLIVE OIL
1 TABLESPOON

HOW BIG IS A PORTION OF TREATS?

Enjoy them occasionally.



ICE CREAM SCOOP
1 SCOOP



SOFT DRINK
1 CAN (330ml)



CHOCOLATE
1 SQUARE