


## How to Measure Portion Sizes with your Hands (Infographic)

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.

Download the printable PDF version [here](#).

**PORTION SIZE MATTERS** 

A handful of tricks to know how much is enough

**Why pay attention to portion sizes?**

- It's easy to overeat the portions on the plate.
- Over the many portions you have eaten.
- Bring yourself back down and eat as you like.
- The size of our hand makes handy for measuring a healthy portion.

Portion sizes for children? Choose from the smaller portion sizes for them. Parents can also help the portion size on the plate.

**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 (FRUITS)
- MEDIUM FRUITS (FRUITS)
- LARGE FRUITS (FRUITS)
- POURABLE (FRUITS)
- HANDFULS
- LEAFY SALAD (FRUITS)
- CARROTS
- ROOT AND TUBER (FRUITS)
- POTATOES

**WHAT MAKES A PORTION OF PROTEIN?**  
Aim for at least 2 portions of fish a week.  
Eat less red and processed meat.

- MEAT & FISH (PALM OF HAND)
- EGGS (2 WHOLE)
- BEANS (HEAP)

**WHAT IS ONE PORTION OF DAIRY?**  
Choose options lower in fat and sugar.

- MILK (200ML)
- YOGURT (100G)
- CHEESE (THICK SLICE)

**HOW MUCH IS ONE PORTION OF GRAINS AND CEREALS?**  
Aim for the wholegrain options.

- PASTA (UNCOOKED) (HANDFUL)
- BREAD (SLICE)
- CEREAL (HEAPY)

**WHAT IS ONE PORTION OF NUTS?**  
Nuts are a great snack, they're filling and contain heart-healthy unsaturated fats.

- NUSS (HANDFUL)
- CHOCOLATE (SMALL SQUARE)

**WHAT MAKES A PORTION OF FATS AND OIL?**  
Aim for unsaturated fats, limiting trans fats.  
Fats are high in calories so it's especially useful to watch your portion size.

- FAVOUR BUTTER (TEASPOON)
- BUTTER (SMALL TB)
- OLIVE OIL (TEASPOON)

**HOW BIG IS A PORTION OF TREATS?**  
Enjoy them occasionally.

- ICE CREAM SCOOP (1/2 TB)
- SMOOTHIE (ONE SMALL GLASS)
- CHOCOLATE (SMALL SQUARE)

[www.eufic.org](http://www.eufic.org)