PORTION SIZE MATTERS
A handful of tricks to know how much is enough (part 1)

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 comes handy for measuring a healthy portion

Portion sizes for children? Smaller hands equal smaller portions! Use these ‘handy’ tools to adjust the portions 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 PIECES
- MEDIUM FRUITS 1 PIECE
- LARGE FRUITS 1 SLICE
- MEDIUM FRUITS 1 PIECE
- ROOT VEG 1 FIST
- CARROTS
- POTATOES
- LEAFY SALAD 2 HANDFULS
- BERRIES 1 HANDFUL
PORTION SIZE MATTERS
A handful of tricks to know how much is enough (part 2)

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

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

WHAT MAKES A PORTION OF NUTS?
Nuts are a great snack, they’re filling and contain heart-healthy unsaturated fats.

WHAT IS ONE PORTION OF NUTS?
MIXED NUTS 1 SMALL HANDFUL

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

PASTA (UNCOOKED) 1 HANDFUL
BREAD 1 SLICE
CEREAL 1 FIST

WHAT MAKES A PORTION OF TREATS?
Enjoy them occasionally.

ICE CREAM SCOOP ¼ FIST
SMOO THE 150ML (ONE SMALL CUP)
CHOCOLATE INDEX FINGER

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 THUMB TIP
PEANUT BUTTER THUMB
OLIVE OIL THUMB TIP