



# A HANDY GUIDE TO PORTION SIZES

**'Portion Distortion'** is a common issue. Did you know that while protein portions and vegetable portions have generally stayed the same over the last 20 years, portion sizes of

carbohydrates have rocketed and this can make it harder to control our weight. This is our fool proof guide to portion sizes to help keep you on track!

**Portion control can be tricky. Luckily, your hand is a good way to measure your food and this works for all ages!**

## AVERAGE PORTION SIZES



**FINGERTIP**  
5g



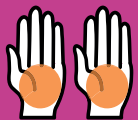
**1 HANDFUL**  
50g



**PALM**  
100g



**FIST**  
100 - 150g

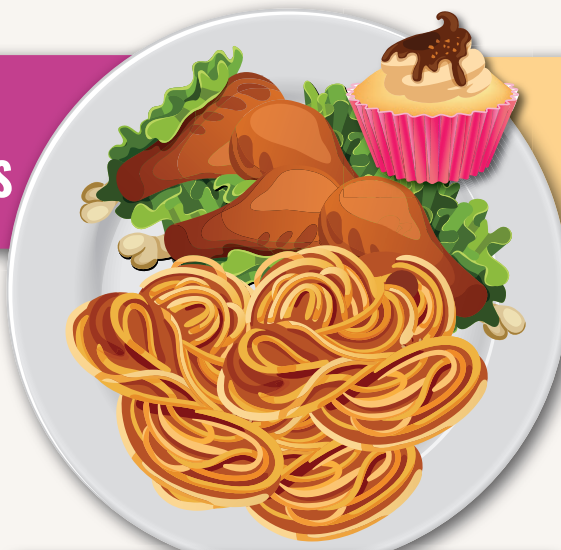


Make 50% of your plate **VEGETABLES**

Aim for at least 5 servings of vegetables and 2-3 portions of fruit a day.

A serving size is about 80g or an individual portion of fruit. 'Portion sizes are unlimited but moderate servings of starchy vegetables such as peas, sweetcorn and sweet potato if you are trying to watch your weight.

Include a leafy green vegetable on a daily basis (*a good source of folate for a healthy brain!*).



**TYPICAL PLATE WITH  
PORTION DISTORTION!**



Aim for 25% **CARBOHYDRATES**

### RICE, PASTA, QUINOA...

A portion size is 50 - 75g cooked weight which doubles on cooking to 100 - 150g cooked weight.

### BREAD

A portion size is about 60-70g (2 small slices or 1 large slice of bread).

### WHITE POTATOES

3 small potatoes, about 75g.

# VERSUS



**CHARLOTTE'S  
BALANCED PLATE!**



## Make 25% of your plate **PROTEINS**

Aim for a serving with every meal or snack. Try to have a mix of proteins, e.g. nuts for breakfast, meat for lunch, eggs for supper.

### **MEAT, FISH, CHICKEN**

About 100-150g raw weight.

### **LENTILS AND BEANS**

About 100-120g cooked weight.

### **NUTS AND SEEDS**

10g nuts or 1 tsp of seeds.

### **EGGS AND DAIRY**

2 eggs/30g cheese /1 individual pot of yoghurt.

## If you're trying to watch your **WEIGHT**

- Limit your carbohydrates to 1-2 servings a day and replace the carbohydrates with additional vegetables.
- Enjoy cakes, biscuits or sugary desserts 1-2 times a week. Have fresh fruit or 1-2 squares of dark chocolate if you need something sweet after your meals.

## A **HEALTHIER** perspective on fats

- Select healthier and more stable fats for cooking such as olive oil, butter and coconut oil.
- Don't be scared of fats as they are essential for our health. The magic word is moderation!



## Moderate **FATS**

Fats are not strictly a separate group on the plate as they are found in most protein foods or added when cooking or serving food.

Current guidelines are to moderate fats to 90g per day for men and 70g per day for women. Saturated fats (butter, cheese and red meat) should be limited to 20g per day for both groups. Omega 3, a healthy fat which is

found in oily fish such as salmon, nuts and seeds should be eaten on a daily basis.

- Limit red meat to 2-3 servings a week. Studies show that excessive red meat consumption is bad for our health.
- Use fats in moderation for cooking (*we suggest olive oil, butter and coconut oil as these*

*fats are some of the most stable when heated*). A serving size is approximately 1 tsp or 5-10g.

- Use olive oil for salad dressings (*about 1 tbsp of vinaigrette*).
- Eat oily fish 2-3 times a week.
- Eat a serving of nuts/seeds on a daily basis (5-10g).