

What is in a portion?

Below are tables from the various food groups to help identify just how much you should aim to have at meal times. Please note: the servings are listed for an average adult.



A typical plastic cup is the cup size for measuring portions.



Fruit & Vegetables 5-7 per day

Apple, orange, pear or banana	1 medium sized
Plums, kiwis or mandarins	2 small fruits
Small fruits	6 strawberries, 10 grapes
vegetables	1/2 cup fresh or frozen
juice	3/4 cup (150mls)



Carbohydrates 3-5 per day

Bread (preferably wholemeal)	2 thin slices
Dry porridge oats	1/3 cup
Breakfast cereal	1 cup
Cooked rice/pasta/noodles/couscous	1 cup
Potatoes	2 medium or 4 small



Dairy 3 per day

Milk (low fat as required)	1 cup
Yogurt (low fat as required)	125g carton
Yogurt drink	1 cup
Cheese, hard or semi hard	25g or size of two thumbs



Protein 2 per day

Cooked meat	Size of half palm of your hand
Cooked fish	Palm of hand
Eggs	2
Beans/lentils	3/4 cup
Nuts (unsalted) /peanut butter	1 tablespoon



Fats & oils to be kept to a minimum, using low fat spread and 1 kcal spray when cooking. Sugary food/drinks should be consumed on occasion (not every day).