

# **Factsheet: Know Your Portions**

**Department of Nutrition and Dietetics** 

### 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. <u>Please note</u>: the servings are listed for an average adult.

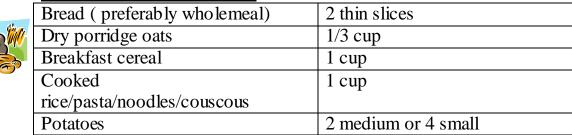


A typical plastic cup is the cup size for measuring portions.

## 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



#### Dairy 3 per day



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	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).

