

Portion Sizes

Carbohydrates

What is a portion?

- 1 medium slice of bread
- Pasta (boiled) 2-3 tablespoons
- Rice (boiled) 2-3 tablespoons
- 2 egg sized new potatoes (boiled)
- 1 medium baked potato (with skin) *
- Breakfast cereal: 3 tablespoons
- Porridge oats: 3 tablespoons

Protein

- Cooked meat (beef/pork/ lamb/mince/chicken/turkey) 60g-90g A deck of cards
- Cooked white fish (cod or plaice) or canned fish 140g Palm of hand
- Cooked oily fish (salmon, mackerel, sardines) 140g Palm of hand
- 2 eggs 120g

- 4 tablespoons of baked beans 150g
- 4 tablespoons of beans (kidney beans/butterbeans/black eyed beans 150g
- 4 tablespoons of pulses (lentils/chickpeas) 150g
- 4 tablespoons of soya/tofu, vegetable based meat alternative 100g
- 1 tablespoon/handful of nuts or peanut butter 30g

Dairy

- Milk 200ml (1/3 pint) 1 glass
- Calcium fortified soya alternatives 200ml (1/3 pint) 1 glass
- Yoghurt 125g 1 standard pot/ 3 tbsp
- Cheese (hard) 30g A matchbox size piece

Fruit and vegetables

- 1 apple/pear/orange/banana 80g
- A handful (10-12) grapes/berries 80g
- 2 plums/apricots/kiwis/satsumas 80g
- 1 small handful/ 1 tablespoon of dried fruit (e.g. raisins or sultanas) 30g
- 3 heaped tablespoons of peas/carrots/sweetcorn/mixed vegetables 80g
- 1/2 pepper/1 medium tomato/ 1 medium parsnip 80g

Oils and Spreads

- 1 teaspoon of butter or spread 5g
- 1 teaspoon of oil 3g