

**PORTION SIZE**

**A portion is different from a serving. So, for example, one slice of bread is a portion but most people would consider a serving to be 2 slices, so 2 slices would be 2 portions.**

**CARBOHYRDATES – 8 – 10 portions per day to maintain weight: 6 – 8 to lose weight**

* **Breakfast cereals – use guide on package**
* **Bread – white/brown/wholegrain, seeded – one slice**
* **Cous cous – 30g dry – 100g cooked or 3 tablespoons**
* **Croissant – 60g – 1 small or half large**
* **Pasta – 30g dry – 100g or 3 tablespoons cooked**
* **Pitta bread – 30g or half large**
* **Potato baked with skin – 100g or size of female fist**
* **Potato boiled – 2 small**
* **Rice – brown/white – 30g raw - 100g cooked or 3 tablespoons**

**MEAT, FISH AND ALTERNATIVES – 3 portions per day.**

* **Pulses – lentils, beans, baked beans, kidney beans etc – 120g or 3 tablespoons**
* **Soya – tofu – 30g**
* **Peanuts – 30g – small handful**
* **Brazil nuts – 30g – small handful or 6 whole**
* **Almonds – 30g – small handful or 6-8 whole**
* **Walnts – 30g small handful**
* **Peanut butter – 20g – thick spread on one slice**
* **White fish – cod, haddock, Pollock, etc 120-150 or palm of hand**
* **Oily fish – mackerel, salmon, sardines (tinned) trout, tuna (tinned in oil) 120-150g**
* **Bacon streaky grilled – 2 rashers**
* **Beef grilled – 100g, palm of hand/deck of cards**
* **Beef minced – 100g**
* **Burger (no bun) – 60g**
* **Chicken, lamb, pork, (roast, grilled, leg or chop) 100g-120g**
* **Eggs – 2 medium**
* **Ham sliced – 50g – 2 slices**

**DAIRY AND ALTERNATIVES**

* **Milk – skimmed/semi skimmed – 125 mils – small glass**
* **Yoghurt plain – 200g fruit yoghurt 125g or small pot**
* **Hard cheese – 40g or size of small matchbox**
* **Ice cream – 80g – 1 small scoop**

**FATS AND OILS – 2-3 portions per day. Choose ‘healthy’ fats like olive oil. Avoid trans-fats, sometimes called partially hydrogenated fats.**

* **Sunflower seeds – 15g – 1 tablespoon**
* **Oil – all oil – sunflower/olive etc – 5g – 1 teaspoon**
* **Mayonnaise – 15g – 1 level tablespoon**
* **Honey/jam/marmalade – 5g – 1 teaspoon**
* **Crisps – 30g – 1 small bag**

**FRUIT AND VEG – unlimited amounts but at least 5 portions a day and mix up the colours.**

* **Apple – 1 medium**
* **Avocado – 80g – half**
* **Banana – 1 small**
* **Beans runner – 80g – 2 tablespoons**
* **Beans broad – 120g – 2 tablespoons**
* **Broccoli – 100g – 2 large florets**
* **Brussel sprouts – 2 tablespoons**
* **Carrots – 2 tablespoons**
* **Cauliflower – 2 large florets**
* **Celery – 1 stalk**
* **Cucumber – 80g**
* **Cabbage – 80g – 2 tablespoons**
* **Grapes/berries – 1 handful**
* **Large fruit eg pineapple, melon – 2 medium slices**
* **Lettuce, salad leaves – dessert bowl**
* **Mushrooms – 80g – 2 tablespoons**
* **Orange – 1 medium**
* **Onions – 1 medium onion**
* **Parsnips – 2 tablespoons**
* **Peas – 80g – 2 tablespoons**
* **Peppers – half a pepper**
* **Small fruit eg plums, kiwis - 2**
* **Swede – 80g – 2 tablespoon**
* **Tomato – 80g – 2 small – 7-8 cherry**