

# WHAT DOES A HEALTHY PORTION LOOK LIKE?

It's important that we eat a range of different foods. Eating sensible portions can help prevent weight gain and therefore reduce our risk of cancer. These are approximate portion sizes for an adult. Our requirements vary depending on age, gender, body size and physical activity level.

**Vegetables & fruits** – Aim for at least 5 portions a day. Fruit juice only counts once.

## COOKED VEGETABLES



3 heaped tablespoons  
e.g. cabbage or carrots

## SALAD VEGETABLES



1 cereal bowl  
e.g. mixed salad

## FRESH FRUIT



1 handful of berries/grapes  
1 medium-sized or 2 small fruits  
1 slice of large fruits

## DRIED FRUIT



1 heaped  
tablespoon

**Starchy** – Choose wholegrain varieties and include at least 2 portions at each main meal.

## BREAKFAST CEREALS



40g: 4 tablespoons  
e.g. cereals or muesli

## BREAD



40g e.g. 1 medium  
wholemeal slice

## RICE AND PASTA



2-3 heaped tablespoons  
e.g. cooked brown rice

## POTATOES



2 medium-sized  
boiled potatoes

**Dairy** – Choose low-fat varieties when possible. Eat 2-3 portions a day.

## MILK



200-300ml: 1/2 pint or 1 glass.  
Choose semi-skimmed or skimmed

## YOGHURT AND FROMAGE FRAIS



150ml: 1 small pot.  
Choose low-fat options

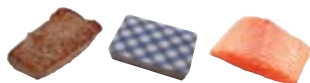
## CHEESE



30g: the size of a  
small matchbox

**Meat & alternatives** – Eat more pulses, choose lean meat, limit red meat to 500g/week (cooked weight) and avoid processed meat. Eat 2-3 portions a day.

## MEAT, POULTRY AND OILY FISH



80g (cooked weight): the size of a  
pack of cards

## PULSES (peas, beans and lentils)



3-4 heaped tablespoons  
(also counts as one of your 5 A DAY)

## SOYA, TOFU AND QUORN



120g: half a cup

## WHITE FISH



150g (cooked weight):  
the size of a cheque book

## EGGS



2 eggs

## FATTY AND SUGARY FOODS

e.g. crisps, chips, sweets, cakes,  
biscuits, pastries

Limit your intake and try to avoid  
highly processed foods. Opt for  
healthier fats such as olive or  
rapeseed oil.



NAME DATE  /  / 

## What is a healthy weight?

Use these BMI ranges (for adults) to check if your weight is in the healthy weight category.

Less than 18.5	<i>underweight</i>
Between 18.5-24.9	<i>healthy weight</i>
Between 25-29.9	<i>overweight</i>
30 or more	<i>obese</i>

**YOUR BODY MASS INDEX (BMI) =**

$$\frac{\text{WEIGHT (kg)}}{\text{HEIGHT (m)}^2} = \text{BMI} = \boxed{\phantom{000}}$$

## What is a healthy waist measurement?

less than 80cm/31.5" for women

less than 90cm/35" for Asian men

less than 94cm/37" for white and black men

**YOUR WAIST MEASURES** =

- Maintaining a healthy weight is one of the most important ways to protect against cancer. Carrying excess body fat around the waist can be particularly harmful.

## How you can maintain a healthy weight

- Be active for at least 60 minutes a day (or 30 minutes a day if you are doing vigorous activity).
- Base your meals on low energy-dense foods (e.g. vegetables, fruits, cereals and pulses) with smaller portions of medium energy-dense foods (e.g. meat and fish).
- Fill at least two thirds of your plate with plant foods such as vegetables and fruits, as well as wholegrains, pulses such as beans, and starchy foods such as potatoes. Fill one third (or less) of your plate with lean meat, fish, poultry, or low-fat dairy.
- Swap biscuits and crisps for healthier snacks such as fruit, yoghurt, cereal, or vegetable sticks.



**2/3**

(or more)  
vegetables,  
wholegrains  
and pulses

**1/3**

(or less)  
animal foods

## Keep portions in proportion

- Use the guide on the reverse to help you prepare healthier amounts of food at home. Serve your meals on a smaller plate and never eat straight from packets.
- Avoid buying big value packs of unhealthy foods. When eating out, ask for salad dressings to be served on the side, share starters and desserts with friends and order smaller sizes.
- Alcoholic drinks are high in calories. A large glass of wine contains about 180 kcals, so choose smaller glasses. Limit your daily alcohol intake to 1 drink for women and 2 for men.

## Notes

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For more information on this factsheet please contact us:

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