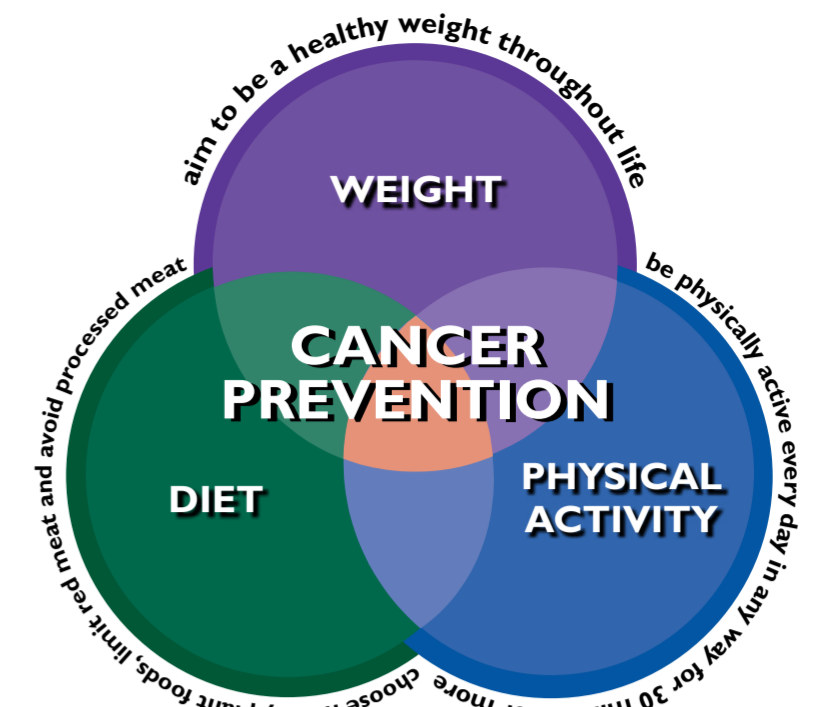


What does a healthy portion look like?

WCRF UK Guidelines for Cancer Prevention

Basing our diets on plant foods (like vegetables, fruits, wholegrains, and pulses such as beans), which contain fibre and other nutrients, can reduce our risk of cancer and help prevent weight gain.

These are approximate portion sizes for an adult.



Pulses

These form part of your 5 A DAY, but count only once a day, however much you eat. This is because, although they contain fibre, they don't give the same mixture of vitamins, minerals and other nutrients as vegetables and fruits.

Beans



3 heaped tablespoons
e.g., cooked mixed beans

Peas



3 heaped tablespoons
e.g., cooked chickpeas

Lentils



3 tablespoons
e.g., cooked red lentils

Starchy Foods

The less processed the better, so try to choose wholegrain varieties where possible.

Rice



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

Pasta



3 heaped tablespoons
e.g., cooked wholemeal pasta

Cous cous



2-3 heaped tablespoons
e.g., cooked cous cous

Potatoes



2 boiled potatoes

Bread



40g of bread
e.g., 1 medium wholemeal slice

Breakfast Cereal



40g of cereal
e.g., 4 tablespoons of muesli

Dried Fruits, Nuts and Seeds

These can make a nutritious snack – but don't eat them in excess as they are high in calories.

Small Dried Fruits



1 heaped tablespoon
e.g., sultanas

Medium-sized Dried Fruits



2-3 whole dried fruits
e.g., apricots

Nuts and Seeds



2 tablespoons
e.g., mixed nuts and seeds

World Cancer Research Fund (WCRF UK)

"Stopping cancer before it starts"

World Cancer Research Fund (WCRF UK) • 22 Bedford Square, London WC1B 3HH • Tel: 020 7343 4200
• Fax: 020 7343 4201 • Web: www.wcrf-uk.org