

WHAT IS A HEALTHY PORTION SIZE?

Eating healthy portion sizes can help you to stay a healthy weight, which can reduce your risk of many of the UK's common cancers, including bowel and breast cancer. Here are some examples of what a healthy portion size is for an average adult*.

STARCHY FOODS: Eat 2 portions at each main meal. Choose wholegrain varieties.

RICE & PASTA
2-3 tablespoons
(cooked)



POTATO
2 egg-sized potatoes



BREAD
1 medium slice

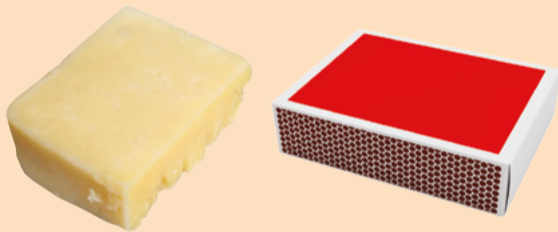


BREAKFAST CEREAL
2-3 tablespoons
(unsweetened)



DAIRY FOODS: Eat 2-3 portions a day. Choose lower fat, unsweetened varieties when possible.

CHEESE
30g the size of a small matchbox



YOGHURT & FROMAGE FRAIS
1 small pot
eg. low-fat plain yoghurt



MILK
1 glass
eg. skimmed milk



MEAT & ALTERNATIVES: Eat 2-3 portions a day. Eat more pulses and fish. Choose lean meat and aim for less than 500g of red meat (cooked weight) a week. Avoid processed meat.

MEAT & POULTRY
80g (cooked weight)
the size of a pack of cards



WHITE & OILY FISH
140g (cooked weight)
the size of a slim glasses case



SOYA, TOFU & QUORN
120g
the size of a snooker ball



PULSES (peas, beans & lentils)
3-4 heaped tablespoons
eg. cooked mixed beans



EGGS
2 eggs



FATTY & SUGARY FOODS
Try to avoid high-calorie processed foods.
eg. crisps, chips, sweets, cakes, biscuits, pastries.



*The number of portions you should have may vary depending on your age, gender and how active you are.