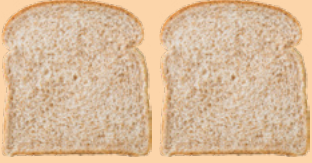









WHAT IS A HEALTHY PORTION SIZE?






Eating healthy portion sizes from the food groups below can help you get the balance of nutrients you need. It can also help you maintain a healthy weight, which can help reduce your risk of many common cancers. Here are some examples of what a healthy portion size is for an average adult*.

STARCHY FOODS: Eat 3 to 4 portions daily. Where possible try to choose wholegrain varieties.

			
BREAD 2 medium slices		EGG NOODLES 65g – use packet as guide	WHITE OR SWEET POTATO 220g or about the size of your fist
			
PLAIN NAAN BREAD Half a plain naan (70g)	RICE & PASTA 75g or two handfuls (dried weight)	BREAKFAST CEREAL 40g or about 3 handfuls	YAM 180g or about 4 tablespoons

PROTEIN FOODS: MEAT, FISH, EGGS, DAIRY, PULSES, SOYA, TOFU AND QUORN

Eat 2 to 3 portions daily. Choose lean meat (such as skinless chicken) and aim for no more than three portions of red meat a week. Try to avoid processed meat (eg bacon and ham).

				
WHITE & OILY FISH 140g or about the size of your palm (cooked weight)	MEAT & POULTRY 80g or about the size of a deck of cards (cooked weight)	EGGS 2 medium	PULSES (PEAS, BEANS AND LENTILS) 120g or about 6 spoonfuls	SOYA, TOFU AND OTHER MEAT ALTERNATIVES 80-100g or use size of pack as instructed

DAIRY AND FORTIFIED DAIRY ALTERNATIVES: Eat 2 to 3 portions daily.

Choose low or reduced fat, and no added sugar varieties.

		
MILK & ALTERNATIVES 1 glass or 200ml	YOGHURT 1 standard pot or about 125g	CHEESE 30g or about the size of two thumbs

UNSATURATED OILS AND SPREADS

These are healthier fats and include olive and rapeseed oil. As all types of fat are high in calories, use in small amounts.



TRY TO LIMIT FOODS HIGH IN FAT, SUGAR AND SALT AS MUCH AS POSSIBLE



Eating a variety of at least five portions of vegetables and fruit every day is a key part of a healthy, balanced diet. Check out our 'What is a 5 A DAY portion poster'. Available at: www.wcrf-uk.org/5ADAY