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

- **RICE**
  - 75g or two handfuls (dried weight)

- **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)

- **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 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

- **CHEESE**
  - 30g or about the size of two thumbs

- **YOUGHURT**
  - 1 standard pot or about 125g

**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.

- **Foods high in fat, sugar and salt**

*The portion size that an individual requires will vary depending on factors such as age, gender, body size, and physical activity levels.

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