

What are portion sizes?

A portion is the quantity of food you consume in one sitting, such as the amount of food you place on your plate during a meal or the amount included in a pre-packaged item.



Why are portion sizes important?

Having a good understanding of how much of each food group should be on your plate means that you are more likely to consume a healthy balanced diet.

Having a visual idea of what should make up your plate also means there is no need to weigh out food or even own a set of weighing scales as you can see yourself how much should be there.

It is also a useful way of moderating how much you eat so that you are not consuming too much of one food group.

How much alcohol?

Men and women are advised not to drink more than 14 units a week, spread across 3 days or more.



Drinks & Units

A single small shot of spirits: 1 unit
Bottle of lager/beer/cider): 1.7 units
Can of lager/beer/cider : 2.4 units
Standard glass of red/white/rosé wine:
2.1 units
Pint of higher-strength lager/beer/cider:
3 units



How Much Is On Your Plate?

University of Chester Nutrition Fair



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Recommended Portion Sizes

Common Carbohydrates

Pasta = 75g uncooked / 150g cooked/ 2-3 tablespoons

Rice = 50g uncooked / 150g cooked/ 2-3 tablespoons

Portion of potatoes (boiled with skin) = 175g

Common Proteins:

Cooked meat (beef, lamb, turkey, poultry) = 90g/ deck of cards

Cooked fish = 140g/ palm of hand

Beans (any) = 150g/ 4 tablespoons

Pulses (lentils, chickpeas) = 150g/ 4 tablespoons

Soya/tofu, plant-based meat alternative = 100g/ 4 tablespoons

Common Fruit & Vegetables

Apple/pear/orange/banana = 80g/ size of a clenched fist

Peas/carrots/sweetcorn/mixed vegetables = 80g / 3 heaped tablespoons

Salad = 80g/ cereal bowlful

Oils & Spreads

Butter or spread = 5g/1 teaspoon

Oil = 5ml / 3g / 1 teaspoon

For more on portion sizes check the BDA 'portion sizes' article online

A Balanced Plate

This visual representation demonstrates how much of each food group should make up your plate in order to achieve a healthy, balanced diet.



Fruit and Vegetables:

- 1/2 of your plate
- Good source of vitamins, minerals and fibre
- Aim for 5 portions a day
- Can be fresh, frozen, tinned, dried or juiced

Carbohydrates:

- 1/4 of your plate
- Starchy foods that are a good source of energy
- Aim for high-fibre or wholegrain varieties

Protein:

- 1/4 of your plate
- Meat, fish, beans, pulses, lentils and eggs
- Source of vitamins and minerals

Daily Targets

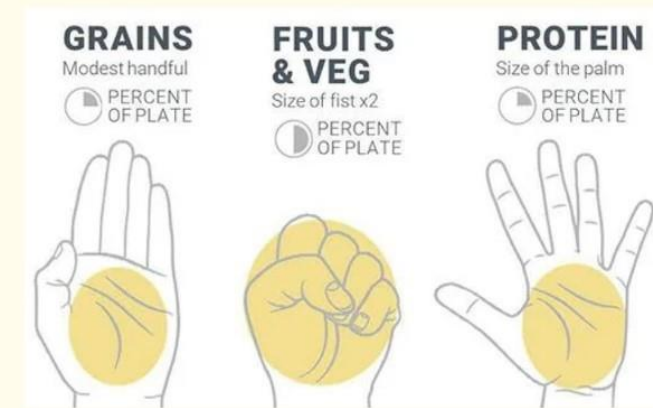
Fruit and Vegetables = 5+ portions

Starchy Carbohydrates = 3-4 portions

Protein = 2-3 portions

Handy Guide to Portion Sizes

Using your hand is a quick and easy way to estimate portion size for each nutrient without a scale!



Online Resources

British Dietetic Association (BDA) - Food Facts Portion Size Resource

NHS - How To Eat a Balanced Diet

