

PORTION SIZES

WHAT IS A SERVING?

A serving is a measured amount of food e.g. a slice of bread or a Weetabix

WHAT IS A PORTION?

A portion is the amount of food that you choose to eat for a meal or snack.

Example – if you had a sandwich at lunch time this would be 2 servings of bread which would make your portion of lunch)

The table below shows how much **ONE SERVING** is for each of the food groups in the Eatwell Guide. The information is taken from the British Heart Foundation. If there is something that is not on the list, you can estimate the portion size by comparing it to something similar.

The ‘Portion Numbers for Boys’ and ‘Portion Numbers for Girls’ can also be downloaded, which shows how many servings are recommended per food group per day.

<u>FRUIT & VEGETABLES</u>	1 SERVING =
Vegetables	3 heaped tablespoons
Salad (mixed)	1 dessert bowl
Whole fresh fruits (apple, pear, orange etc.)	1 fruit
Medium fresh fruits (Satsuma, plums etc.)	2 fruits
Small fresh fruits (grapes, berries, cherries)	1 handful
Large fresh fruits (melon, pineapple)	1 slice
Tinned fruit in natural juice	3 heaped tablespoons
Dried fruit	1 heaped tablespoon
Fruit Juice (maximum 1 per day)	1 small glass/carton (150ml)

<u>CARBOHYDRATES</u> (BREAD, RICE, POTATOES, PASTA, CEREALS)	1 SERVING =
Breakfast cereal (oats, flakes Etc.)	3 tablespoons
Shredded Wheat, Weetabix	1
Bread	1 medium slice
Bun or Roll	1 small
Pitta Bread	Half a normal slice
Crackers	3
Crispbreads	4
Plain boiled Rice	2 heaped tablespoons
Plain boiled Pasta	3 heaped tablespoons
Potatoes	2 egg sized
Crumpet	1

<u>DIARY & ALTERNATIVES</u>	1 SERVING =
Milk (semi-skimmed or skimmed)	Third of a pint (200ml)
Yoghurt	1 small pot
Cheese	1 small match box (30g)
Cream Cheese (low fat)	2 small match boxes

<u>PROTEIN</u> (BEANS, PULSES, FISH, MEAT, EGGS & OTHER PROTEINS)	1 SERVING =
Cooked lean meat	Size of a pack of playing cards
Fish	2 packs of playing cards
Fish fingers	3
Eggs	2 medium sized eggs
Baked beans	Half of a large tin
Nuts or peanut butter	2 level tablespoons
Quorn, tofu or soya	Size of a pack of playing cards

<u>HIGH IN FAT &/OR SUGAR</u> (OILS, SPREADS, DRESSINGS etc.)	1 SERVING =
Low fat spread	2 teaspoons
Oil (olive, rapeseed, sunflower)	1 teaspoon
Butter	1 teaspoon
Low fat mayonnaise	2 teaspoons
Low fat salad cream	2 tablespoons
Gravy or white sauce (no fat added)	4 tablespoons

<u>EXTRAS</u> (HIGH IN FAT/SUGAR SNACKS)	1 SERVING =
Crisps	1 small packet
Ice Cream	1 small scoop
Plain Biscuits	2
Sweets	1 fun sized bag
Chocolate	1 fun sized bar