

Starchy foods

- What is a portion?

Bread – 1 medium slice

Cereals / oats – 3 tablespoons

Weetabix – 1 weetabix

Potatoes – 2 egg-sized new potatoes

Potatoes – 1 medium baked

Pasta (boiled) – 2-3 tablespoons

Rice (boiled) – 2-3 tablespoons



shutterstock - 152433590



(Animal) Protein

- What is a portion?

Cooked meat – 60-90g (deck of cards)
(beef, pork, lamb, mince, chicken, turkey)



Cooked white fish or canned
fish -140g (palm of hand)



Cooked oily fish – 140g (palm of
hand) (salmon, mackerel, sardines)



2 eggs – 120g



(Plant) Protein

- What is a portion?

Baked beans – 150g = 4 tablespoons

Beans – 150g = 4 tablespoons

(kidney beans, butterbeans, black eyed beans)



Pulses – 150g = 4 tablespoons

(lentils, chickpeas)



Soya, tofu, vegetable-based meat alternatives – 100g = 4 tablespoons

Nuts / Peanut butter – 30g = 1 tbspn

Dairy

- What is a portion?

Milk = 200ml (1/3 pint) = 1 glass
(or calcium fortified soya
alternatives



Yoghurt – 125g = 1 standard pot/3 tbsp

Cheese (hard) = 30g (small matchbox)

Fruit and Veg

- What is a portion?

1 Apple / pear / orange / banana = 80g



A handful (10-12) of grapes / berries = 80g



2 Plums / apricots / kiwis / satsumas = 80g



1 small handful / 1 tblsp dried fruit = 30g
(raisins / sultanas)



3 heaped tablespoons vegetables = 80g
(peas / carrots / sweetcorn / mixed veg)



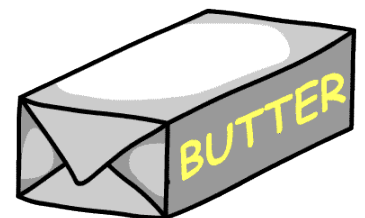
½ pepper / 1 medium tomato / 1 med parsnip = 80g

150ml fruit juice

Oils and spreads

- What is a portion?

1 teaspoon of butter or spread = 5g



1 teaspoon of oil = 3g



Acknowledgement: British Dietetic Association (BDA) portion sizes
<https://www.bda.uk.com/resource/food-facts-portion-sizes.html>