

# Session 3 – Portion sizes

## Portion and Serving Sizes

Portion size is in your control, as it is the amount of food you decide to eat.



A serving size is an amount of food used by manufacturers or on packaging to provide dietary recommendation information.



Watch out because many foods that come as a single portion are multiple servings.



# Session 3 – Portion sizes

## Fruit and Vegetables: 5 portions

**How much?**

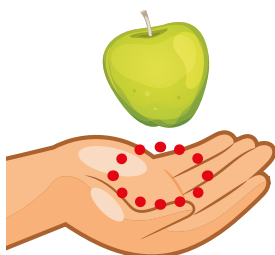
80g fruit and vegetables. 30g if dried. 150ml juice.

**How to measure:**

Cupped hand for fruit, 2 cupped hands for vegetables.

Can be fresh, frozen, tinned, canned, or juice. 2 fruit : 3 vegetables (1/2 a plate).

### Fruit Cupped hand



### Vegetables 2 cupped hands



### Portion size examples:



2 Kiwis



7 Strawberries



14 Cherries



3 Apricots



1 Pear



1 Apple



1 Orange



1 Banana



1 slice of Melon



2 slices of Mango



Dried fruit

1 heaped serving spoon of raisins  
1 serving spoon of mixed fruit  
2 figs, 3 prunes or 1 handful  
of dried banana chips



2 Broccoli  
spears



4 heaped serving spoons of cooked  
Kale, Spinach or Green Beans



3 sticks of  
Celery



1 medium  
Tomato



5cm piece  
Cucumber



4 heaped serving spoons of vegetables, such as  
Carrots, Peas, Sweetcorn, Aubergine or Pepper



8 florets of  
Cauliflower



3 heaped  
serving spoons  
of pulses



One small  
glass of Juice  
or Smoothies



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## Starchy foods: 3-4 portions

**Choose:** Higher fibre, wholegrain versions, reduced salt and sugar versions.

**How to measure:** Fist size (1/3 of plate).

## Carbohydrates Fist Size



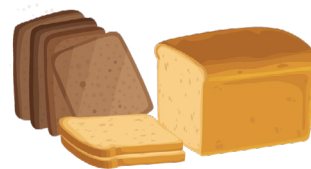
### Portion size examples:



6 small Potatoes  
4 tablespoons mashed



3 handfuls of  
cereals



2 slices of Wholemeal  
Bread



2 cupped hands of  
cooked pasta



Spaghetti -  
use your finger and  
thumb to measure a  
bunch the size of a  
£1 coin



Egg Noodles  
Dried - use 65g



½ small  
Baguette



1 small  
Chipatti



1 Bagel thin  
50g



1 Wrap  
65g



1½ handfuls of  
Porridge



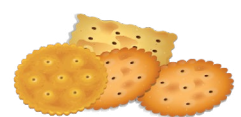
2 handfuls of  
dried Rice or ½  
microwave pack



3 handfuls of  
plain Popcorn



2 handfuls of  
oven Chips



3 Cream  
Crackers



# Session 3 – Portion sizes

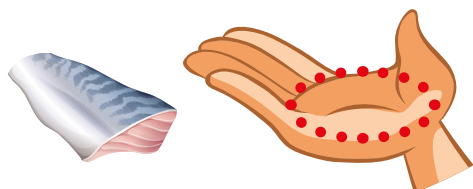
## Proteins: 2-3 portions

### How much?

2 portions of fish a week, one to be oily. If you eat more than 90g red meat, then try and cut down to 70g a day.

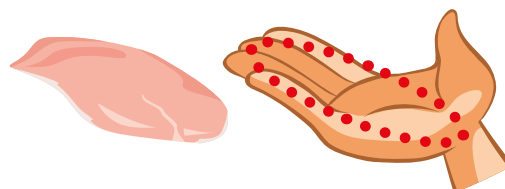
### How to measure:

Palm of hand (1/3 plate).



### Protein

Palm size, Red meat (pork, beef, lamb) and oily fish



### Protein

Palm and fingers, Chicken, turkey, White fish

## Portion size examples:



Palm sized Salmon Fillet



4 tablespoons of Prawns



Palm sized nuts and seeds



1 tablespoon Peanut Butter



1 Boiled Egg



½ medium can of tinned Tuna



½ 400g tin Baked Beans



2½ slices of Roast Chicken



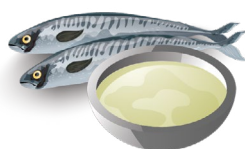
Whole hand Chicken Breast



2 slices of grilled Bacon



Palm sized Tuna Fillet



½ lengthways hand grilled Mackerel



Whole hand White Fish



½ pack smoked Mackerel Pate



80g or pack guide size Tofu



2 slices Vegan Sliced Meat



2 slices of Ham



2 grilled Sausages



Lean Mince or diced Meat pack guide size



2 ready-made Falafel



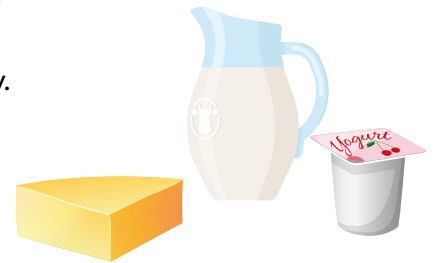
# Session 3 – Portion sizes

## Dairy: 2-3 portions

**Choose:** lower fat options = low or medium for fat on food labels (green or amber).

**How to measure:** See instructions on pack and guidance below.

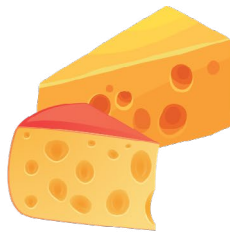
## Dairy Measure these –



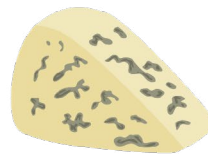
## Portion size examples:



3 tablespoons  
Cottage Cheese



The size of 2 thumbs  
Hard Cheese



The size of 2 thumbs  
Blue Cheese



3 teaspoons  
soft / spreadable  
Cheese



$\frac{1}{2}$  a glass of  
Milk on cereal



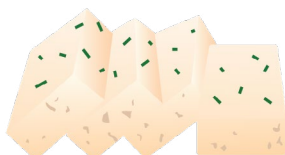
1 small glass of  
Milk as a drink



1 pot of fruit  
Yoghurt



4 tablespoons  
of plain, low fat  
Yoghurt



The size of  
2 thumbs  
Vegan Cheese



# Session 3 – Portion sizes

## Oils and Spreads: small amount

How to measure: Tip of thumb size.

### Oils and spreads Tip of thumb

#### Portion size examples:



1 tablespoon  
Olive Oil



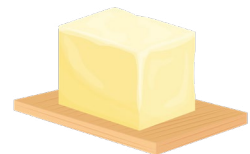
1 teaspoon  
Vegetable Oil



1 tablespoon  
Salad Dressing  
made with oil



Low Fat Spread  
thinly on bread



Standard Spread  
thinly on bread

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## Foods high in Salt, Sugar and Fat: less often and in smaller amounts

Some foods we all enjoy are high in salt, sugar and fat. For example, cakes, biscuits, crisps. If you are trying to lose weight limit these foods and don't have them every day. That doesn't mean you can never have them again, it just means be careful as they will stop you from losing weight.

If you do have one of these foods, aim for 100 -150kcal worth.





# Session 3 – Portion sizes

## Food daily plan

Fill in the table below with all the food, snacks and drinks you ate yesterday. Write in the coloured circles from the key the number of times you ate food from each group.

### Example:

#### Key:

-  Fruit & Vegetables
-  Starchy Foods
-  Protein containing foods
-  Dairy & alternatives
-  Oils & spreads
-  Foods High in fat, sugar or salt

	Time	What?	Number from each food group
Breakfast	8am	1 bowl of breakfast cereal, semi skimmed milk and 1 small banana	<div>1</div> <div>1</div> <div></div> <div>1</div> <div></div> <div></div>

	Time	What?	Number from each food group
Breakfast			<div></div> <div></div> <div></div> <div></div> <div></div> <div></div>
Snack			<div></div> <div></div> <div></div> <div></div> <div></div> <div></div>
Lunch			<div></div> <div></div> <div></div> <div></div> <div></div> <div></div>
Snack			<div></div> <div></div> <div></div> <div></div> <div></div> <div></div>
Dinner			<div></div> <div></div> <div></div> <div></div> <div></div> <div></div>
Before Bed			<div></div> <div></div> <div></div> <div></div> <div></div> <div></div>

How many drinks did you have? 

Total daily balance





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## Tips to cut and control portion size



- Use a smaller plate
- Use the Eatwell plate as a guide
- Serve yourself – don't go back for seconds
- Measure your portion size
- Double up on vegetables,  $\frac{1}{2}$  your dinner plate should be made up of vegetables
- Avoid distractions – try not to eat in front of the TV or while on your phone
- Freeze your left-overs or have them for lunch the next day
- Reduce portions gradually, so you do not feel hungry and choose energy dense snacks





# Session 3 – Portion sizes

## Behaviour change diary

	Nutrition goal	Physical activity goal	Did you do it? ✓ Yes   ✗ No P = Partly	Comments What made it easy? What made it hard?
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				