

## PORTION GUIDE

This guide shows you how much is in one portion:

### **FRUIT AND VEGETABLES**

Vegetables, eg cauliflower, cabbage, peas, carrots, mushrooms, tomatoes, leeks, swede, courgettes, broccoli, french beans, peppers.	Three heaped tablespoons
Salad - mixed green, eg lettuce, cucumber, onion, pepper	One dessert bowl
Whole fresh fruits, eg apple, pear, orange, banana, peach	One fruit
Medium fruits, eg satsumas, plums, apricots, tomatoes	Two fruits
Small fruits, eg grapes, berries, cherries, lychees, cherry tomatoes	One handful
Large fruits, eg melon, pineapple	One slice
Tinned fruit in natural juice, eg peaches, pineapple, raspberries, pears	Three heaped tablespoons
Stewed fruit, eg apple, rhubarb, cherries	Three heaped tablespoons
Dried fruit, eg raisins (maximum one portion per day)	One heaped tablespoon
Fruit juice (maximum one per day)	One small glass or small carton (150ml)

### **BREAD RICE POTATOES PASTA AND OTHER STARCH FOODS**

Breakfast cereal, eg flakes, crispies, porridge oats	Three tablespoons
Muesli	Two tablespoons
Shredded wheat	One
Weetabix	One
Bread or toast	One large slice (medium thick)
Bread bun or roll	Half a large
Pitta bread	One mini or picnic size or half a normal size
Chapatti	One small
Crackers	Three
Crispbreads	Four

### **BREAD RICE POTATOES PASTA AND OTHER STARCH FOODS cont**

Plain naan bread	One small
Rice, plain boiled	Two heaped tablespoons
Yam, boiled	Two egg-sized pieces or a 1.5 inch thick slice, 100g/3.5ounces
Plantain, steamed	One medium size
Pasta, plain boiled	Three heaped tablespoons
Egg noodles, boiled	Three heaped tablespoons
Potatoes	Two egg-sized
Bagel, plain or cinnamon and raisin	Half
Crumpet/pikelet	One
English muffin	Half
Malt loaf	One small slice (35g)

### **MILK AND DAIRY FOODS**

Milk (semi-skimmed or better still, skimmed)	One medium glass, 200 ml, 1/3 pint
Yoghurt, plain or flavoured, low fat and low sugar	One small pot, 150g (5oz)
Cheese - preferably lower fat varieties (Brie, Camembert, Edam, reduced fat cheddar, smoked Austrian)	One matchbox size, 30g (1oz)
Cream cheese - reduced fat or low fat varieties	The size of two small match boxes, 80g (3oz)
Low fat cottage cheese	One large pot, 200g (8oz)
Fromage frais	One small pot, 150g (5oz)

### **MEAT, FISH, EGGS, BEANS AND OTHER NON-DAIRY SOURCES OF PROTEIN**

Cooked lean meat such as beef, pork, ham, lamb, chicken (without skin and all visible fat removed)	Three slices (an amount the size of a pack of playing cards), 60-90g (2-3oz)
Fish - white (cooked)	150g (5oz)
Fish - oily	140g (4.5oz)
Fish fingers	Three
Eggs	Two

### **MEAT, FISH, EGGS, BEANS AND OTHER NON-DAIRY SOURCES OF PROTEIN**

Baked beans in tomato sauce  
(low sugar and low salt if possible) One small tin (200g) or half a large tin (400g)

Lentils Four tablespoons, cooked

Beans, eg re kidney beans, butter beans, chick peas Four tablespoons, cooked

Nuts, peanut butter (unsalted) Two level tablespoons

Quorn, tofu or soya 120g (4oz)

### **SPREADING FATS AND OILS (AND DRESSINGS AND SAUCES)**

Low fat spread Two teaspoons

Oil (unsaturated oils, eg olive, rapeseed, sunflower, corn) One teaspoon

Butter or margarine spread or ghee One teaspoon

Mayonnaise One teaspoon

Low calorie mayonnaise Two teaspoons

Blue cheese dressing One teaspoon

Salad cream One tablespoon

Low calorie salad cream Two tablespoons

Gravy or white sauce made with fat and flour base (roux) One tablespoon

Gravy or white sauce (made with cournfleur, no fat added) Four tablespoons

Cream (double) Two teaspoons

Cream (single) Five teaspoons

### **HIGH FAT/HIGH SUGAR FOODS AND ALCOHOL**

Sugar One teaspoon

Jam One teaspoon

Double cream Two teaspoons

Spirits One pub measure

Ice cream, eg vanilla One small scoop

Biscuits, plain Two

Sweets One small tube or bag

**HIGH FAT/HIGH SUGAR FOODS AND ALCOHOL cont**

Glass of wine	150ml
Slice of cake	One small slice (50g)
Crisps	One small packet (25g)
Lager, cider or beer (ordinary strength)	Half a pint
Mini pork pie	One
Quiche/tart	One quarter (small)
Chocolate bar	One
Danish pastry	One

# **WEIGHT MANAGEMENT COURSE**

## **FOOD PORTIONS- DAILY TARGETS**

<b>CARBOHYDRATES</b>	<b>5 TO 7 PORTIONS</b>
<b>FRUIT &amp; VEG</b>	<b>5 TO 7 PORTIONS</b>
<b>DAIRY</b>	<b>2 PORTIONS</b>
<b>PROTEIN</b>	<b>2 TO 3 PORTIONS</b>
<b>HIGH FAT/HIGH SUGAR FOODS</b>	<b>RESTRICT</b>
<b>FLUIDS</b>	<b>6 TO 8 GLASSES</b>