**Carbohydrate portion sizes**

|  |  |  |
| --- | --- | --- |
| **Type of food** | **Portion Size** | **What does this look like?** |
| Bread | 34g-36g | One medium slice |
| Pasta (boiled) | 75g uncooked / 150g cooked | Two to three tablespoons |
| Rice (boiled) | 50g uncooked / 150g cooked | Two to three tablespoons |
| Potatoes (boiled with skin)\* | 175g | Three (egg-sized) or five to six (thumb-sized new potatoes) |
| Baked potato (with skin)\* | 180g | One medium |
| Puffed or flaked breakfast cereals | 30g | Three tablespoons / two biscuits |
| Porridge oats / shredded cereals | 40g | Three tablespoons |
| Muesli / granola | 45g | Two to three tablespoons |

**Protein portion sizes**

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| --- | --- | --- |
| **Type of food** | **Portion Size** | **What does this look like?** |
| **Animal protein** | | |
| Cooked meat (beef, pork, lamb, mince, chicken, turkey) | 90g | A deck of cards |
| Cooked white fish (cod or plaice) or canned fish | 140g | Palm of hand |
| Cooked oily fish (salmon, mackerel, sardines) | 140g | Palm of hand |
| Eggs | 120g | Two medium |
| **Plant Protein** | | |
| Baked beans | 150g | Four tablespoons |
| Beans (kidney beans, butterbeans, black eyed beans) | 150g | Four tablespoons |
| Pulses (lentils, chickpeas) | 150g | Four tablespoons |
| Soya/tofu, plant-based meat alternative | 100g | Four tablespoons |
| Unsalted nuts or nut butter | 30g | One handful or tablespoon |

**Fruit and vegetables portion sizes**

|  |  |  |
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| **Type of food** | **Portion Size** | **What does this look like?** |
| Apple / pear / orange / banana | 80g | One medium (size of clenched fist) |
| Grapes | 80g | 10-12 or handful |
| Berries | 80g | 15-20 or cupped hands |
| Plums/apricots/kiwis/satsumas | 80g | Two fruits |
| Dried fruit e.g. raisins | 30g | A small handful/one tablespoon |
| Peas / carrots / sweetcorn / mixed vegetables | 80g | Three heaped tablespoons |
| Pepper | 80g | Half |
| Cherry tomatoes | 80g | Seven |
| Cucumber | 80g | 2.5cm piece |
| Salad | 80g | Cereal bowlful |

**Oils and spreads portion sizes**

|  |  |  |
| --- | --- | --- |
| **Type of food** | **Portion Size** | **What does this look like?** |
| Butter or spread | 5g | One teaspoon |
| Oil | 5ml / 3g | One teaspoon |
| Oil | 15ml / 11g | One tablespoon |