

Guide to
portion sizes

Fluids:

Feeling hungry can be confused with being dehydrated and not having drunk enough. Try and drink eight glasses of 200ml of fluid per day.



1 day =



Calculating your daily calorie requirements and food portions:

- **Step 1:** Look at the table for either male or female on the following pages.
- **Step 2:** Look down the side for your current weight.
- **Step 3:** On the top row, choose the age bracket that applies to you.
- **Step 4:** Read across to the column which best describes your current activity level.
- **Step 5:** Then move onto 'How many portions of each food group do I need?'



How Many Portions of each Food Group do I need?

Using portions to work out how much to eat can be easier than counting calories. Using the number you reached from the table above, look at the chart below to work out how many portions you will need to meet your daily energy requirement for weight loss:

	Bread, pasta potatoes and cereal	Fruit and vegetables	Meat fish or alternatives	Milk and diary	Fat, sugar and occasional foods
Kcals per portion	80Kcal	40 Kcal	140 Kcal	90 Kcal	70 Kcal
1200	5	5	2	2	2
1500	7	7	2	2	3
1800	8	8	2	3	3
2000	8	8	3	3	5
2300	11	9	3	3	5
2500	12	10	4	3	6
2800	14	11	4	3	6
3000	16	11	4	4	6

How much is a portion?



Tablespoon

Dessert spoon

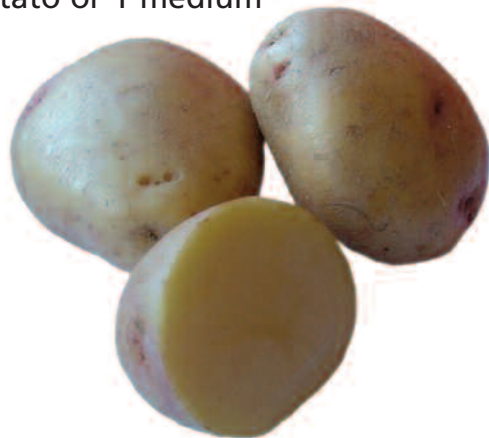
Teaspoon

- 2 teaspoons make a dessert spoon.
- 2 dessert spoons make a tablespoon.
- 4 teaspoon make a tablespoon.

Bread, potatoes, pasta and cereals:

1 portion =

- 3 tablespoons of breakfast cereal
- 3 tablespoon of porridge oats
- 2 tablespoon of muesli
- 1 slice of bread or toast
- 1/2 pitta or 1 mini pitta
- 1 small chapatti
- 1/2 bread roll or bagel
- 3 small crackers or crispbread
- 1 medium potato
- 2 small new or salad potatoes
- 2 heaped tablespoons of boiled rice
- 3 heaped tablespoons of boiled pasta
- 3 heaped tablespoons of boiled noodles
- 1 medium sweet potato or 1 medium piece of yam
- 1 shredded wheat
- 1 weetabix



fruit and vegetables:



Vitamins	Function	Examples food found in
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A	Helps to keep your eyes healthy.	Carrots, dried apricots, melon, cheddar cheese
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B group	Helps to get energy from your food and aids the production of red blood cells.	B1 - breakfast cereal B2 - milk B3 - meat B5 - eggs B6 - bananas B12 - foods from animal products
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C	Helps the body to absorb iron. Iron is needed by the red blood cells. Not having enough iron can make you anaemic.	Orange, strawberries, orange juice, kiwi fruit
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Food


Portion

Vegetables e.g. cauliflower, cabbage, peas, carrots, mushrooms, tomatoes, leeks, swede, courgettes, broccoli, French beans, peppers

3 large tablespoons

Salad – mixed green e.g. lettuce, cucumber, onion, pepper

1 small bowl

Tomato 

1 medium or 7 cherry

Whole fresh fruit



1 apple, 1 pear, 1 orange banana (medium)

Tinned fruit in natural juice e.g. peaches, pineapple, raspberries and pears

3 large tablespoons

Stewed fruit e.g. apple, rhubarb, cherries

3 large tablespoons

Large fruits

1 slice melon or pineapple, 1/2 grapefruit

Small fruits



12 grapes, 3 apricots, 2 plums, 2 kiwi fruits 2 satsumas

Dried fruit e.g. raisins

1 tablespoon or 3 dried apricots

Fruit juice, maximum one per day

1 small glass or small carton

As an easy to remember guide: Use the size of the palm of your hand as one portion, half a hand for dried fruit.

Milk and dairy foods:

Go for low fat options.



200ml (1/3 pint) semi – skimmed milk (real size)



Low fat options	Portion
Cream cheese light	90g (3oz)
Cottage cheese - 1 large pot	200g (80z)
Fromage frais light - 1 small pot	150g (5oz)
Yoghurt - 1 small pot	150g (5oz)



30g (1oz) hard cheese e.g. cheddar (real size)

Meat, fish, and protein alternatives:



Protein doesn't always need to be meat – there are plenty of other sources. Mix it up:

Meat, fish and alternatives	Portion
cooked lean beef, pork, lamb, extra-lean mince, chicken, turkey, or oily fish (salmon, mackerel, herring, or sardines)	60 – 90g (2-3oz)
raw meat, poultry, or oily fish	75 – 120g (3-4½ oz)
lean cold meat	2 thin slices
cooked white fish or canned tuna (in spring water)	150g (5oz)
soya, tofu, or vegetable-based meat alternative.	120g (4½oz)

Meat, fish and alternatives	Portion
Fish Fingers	3
Eggs	2
Baked beans in tomato sauce (low sugar and salt if possible)	5 tablespoons
Lentils	4 tablespoons cooked
Beans e.g. red kidney beans, butter beans, chick peas	4 tbsp cooked
Nuts or peanut butter	2 tablespoons



Snacks and extras:

1 portion = approximately 70kcal

- Low fat hot chocolate drink made with water
- 1 scoop fruit sorbet
- 2 Jaffa cake biscuits
- 2 ginger nut biscuits
- 2 Garibaldi biscuits
- 1 slice malt loaf with very thin low fat spread
- 1 sandwich biscuit e.g. bourbon, custard cream
- 1 individual Yorkshire pudding (made with semi-skimmed milk)
- 2 tablespoons low calorie salad cream
- 3 teaspoons sugar
- 1 heaped teaspoon jam or honey
- 1 additional medium piece of fruit or 2 small pieces

2 Portions = approximately 140kcal

- 2 crumpets with low sugar jam but no butter
- small bowl (30g) bran flakes with 125ml semi-skimmed/skimmed milk
- 150g pot low fat fruit yogurt
- small (30g) packet low fat crisps
- 2 plain digestives
- 1 plain fruit scone
- 25g dry roasted peanuts
- 30g chocolate
- 2 wholewheat crackers
- 1 chocolate biscuit e.g. Penguin
- 2 cream crackers
- 1 scoop vanilla ice-cream



Fats and oils:

Keep fat and oils to a minimum and choose wisely.

Fats and oils:	Portion
Butter or margarine spread	1 teaspoon
Low fat spread	2 teaspoon
Oil or ghee (any type)	1 teaspoon
Mayonnaise or vinaigrette	1 teaspoon

Dressing and sauces:

Dressing and sauces:	Portion
Mayonnaise	1 teaspoon
Low calorie mayonnaise	2 teaspoon
Blue cheese dressing	1 teaspoon
Salad cream	1 teaspoon
Low calorie salad cream	2 teaspoon
Gravy or white sauce (roux)	1 teaspoon
Gravy or white sauce (made with cornflour)	4 teaspoon



Alcoholic drinks:

Alcoholic drinks:	Portion / 1 unit
Ordinary strength beer or lager	1 small, 300 ml (1/2 pint)
Wine	1 glass, 100ml (4 fl oz)
Spirits	1 tot (pub measure), 25 ml (1 fl oz)

Alcohol is high in calories, so cutting down could help you control your weight.

Some points to digest:

- It's a good idea to plan your meals in advance, to avoid last-minute or impulse choices when you are hungry.
- Don't do the shopping when you are hungry or have cravings.
- Cravings will last generally around fifteen minutes - so find something to take your mind off food until the craving passes.
- If you tend to have cravings or binge, do not have those tempting foods in the house. It's much easier to keep your willpower if these foods are not easily accessible.
- Keep the cupboards well stocked with the appropriate foods, that way you will be less likely to eat convenience foods.
- Some meals can be cooked and then frozen. If you often have little time to cook, make double the amount and freeze the rest for another time - another way to avoid relying on takeaways or convenience foods.
- Remember when shopping that high fibre foods and ones that have undergone the least amount of processing are likely to contain more nutrients, and keep your hunger at bay for longer.
- Size matters! If trying to lose weight, it is still important to control portion sizes of some foods even though they may be 'healthy' ones. All foods contain energy and too much energy means no weight loss.
- Our bodies were designed to be active every day. Remember regular exercise and activity is just as important as diet in order to be healthy.

For further information visit our website
www.health-promotion.cdd.nhs.uk

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large print, braille or audiotape.