

Portion Size Guidance

The easiest way to ensure that the portion is the right size for the person eating it is to use **their hands** as a guide. This method works for all age groups of children and adults.

<p>Wholegrain Carbohydrates</p> <ul style="list-style-type: none"> • Bread • Cereals • Pasta • Rice • Other grains <p>Aim to have a portion at every meal</p>		
<p>Fruit and Vegetables</p> <ul style="list-style-type: none"> • Choose whole pieces of fruit • Limit processed fruit to one portion per day e.g. fruit juice, smoothie or dried fruit. • Choose a range of different colour fruit and vegetables <p>Aim to have a minimum of 5 portions per day</p>		
<p>Foods high in protein</p> <ul style="list-style-type: none"> • Choose sources which are high in iron e.g. dark fleshed meats and fish and pulses. • Choose lower fat meats • Aim to eat 2 portions of fish per week one white portion and one oily. <p>Aim for at least 2 portions per day</p>		
<p>Dairy Foods rich in Calcium</p> <ul style="list-style-type: none"> • Choose low fat alternatives • Dairy alternatives such as nut milks, oat based milk and soya should be fortified with calcium if used. <p>Aim to have 3 portions per day.</p>		
<p>Foods High in Fats and sugars</p> <ul style="list-style-type: none"> • Some fats are essential to our body but only required in small quantities. • Limit processed fatty and sugary foods to weekly rather than daily snacks. 		