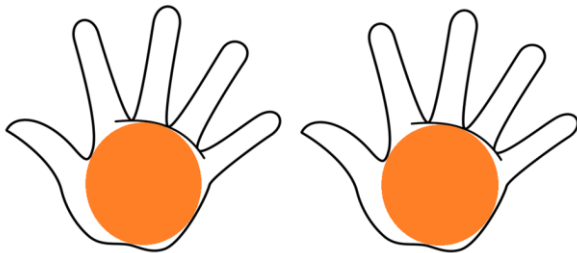


Hand Portion Sizes

Fruit and Vegetables



1 portion = 1 handful, Aim for two palms at a meal time

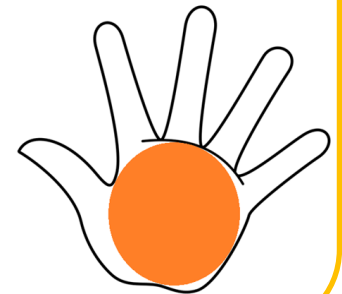
Cheese Portion

1 portion =
size of your
thumb or 30g



Protein Portion

1 portion = size of
the palm of your
hand



Carbohydrate Portion



Aim for your serving to be the size of your fist at each meal time

Unhealthy fat portion

1 portion = size
of the tip of
your thumb

For example –
butter or
mayonnaise

