



GETTING THE BALANCE

PORTIONS

Following a healthy lifestyle is about eating the right types of food and drinks, in amounts that are right for our bodies



PORTIONS PER DAY



Starch -
potatoes, rice,
bread, pasta

Fruit and
vegetables

Dairy - milk,
yoghurts, cheese

Protein foods - beans, pulses,
eggs, meat, fish, chicken

Children	5	5 or more	3	2 3 if vegetarian
Adults	3-4	5 or more	2-3	2-3 3 if vegetarian



Scan the QR code or click here to see the portion sizes for young people and adults. Links to the British Nutrition Foundation

A HANDY PORTION SIZE GUIDE



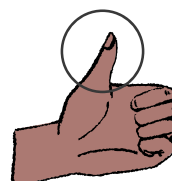
Meat, chicken,
oily fish, beans



Rice, pasta,
potatoes, bread



Vegetables



Butter, oil, nut
butters, sugar

Scan the QR code or click here to see portion sizes for toddlers and 4 year olds. Links to the Infant and Toddler Forum

