Portion Sizes Cheat Sheet

Often the amount of food we think we need is larger than the amount we need for our bodies. Portion sizes can depend on age, gender, lifestyle, and activity levels.

It is recommended that everyone consumes 5 portions of fruit and veg a day, 7-8 portions of starchy carbs such as; bread, potatoes, or rice, 2-3 portions of protein such as; eggs, beans, or fish, and 3 portions of dairy and alternatives.

* 40g of cereal or oats
* Two slices of bread
* 75g uncooked pasta
* 75g uncooked rice
* Five to six new potatoes
* 200ml milk or plant-based alternatives
* 125-150g yoghurt
* 30g hard cheese
* Two eggs
* 140g fish
* 90g cooked meat
* 150g beans or pulses
* 30g nuts or nut butters
* 80g fruit or veg

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