

## **PORTION SIZES**



cupped hand- 1 portion of fruit or veg





• 1 fist hand - 1 portion of starchy carbohydrates



hutterstock · 54343702

• 1 palm of hand- 1 portion of protein foods



• 2 fingers- 1 portion of dairy such as cheese



1 thumb – 1 portion of foods high in sugar and fat.





