

# Find your balance

## Get portion wise!

An easy guide for finding  
the right balance for you



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## Why think about portion size?

Most of us probably don't think about portion size when we eat – it typically depends on what we would usually have, how hungry we feel and how much is in a pack or on a plate. But having a healthy balanced diet is about getting the right types of food and drinks in the right amounts.

This guide aims to help you find the right balance for you – it's not only about eating less, it's also about eating differently!

The information in this booklet has been developed by the **British Nutrition Foundation (BNF)** - these are not Government recommendations but suggestions of practical portion sizes for healthy adults for a range of food and drinks that can be used to help you put a healthy, balanced diet into practice.

It is designed to complement the **Government's Eatwell Guide**, which provides guidance on the proportions of the food groups that make up a healthy, balanced diet.



## Getting portion size right for you

We're all individuals with different needs but for healthy adults the types of different food and drinks we need are pretty much the same for all of us. However, the amount of food we need varies from person to person.

The portion sizes we give are averages for healthy adults, based on a daily calorie allowance of 2000kcal – the amount estimated for an average, healthy weight adult woman. If you're tall or very active you may need more. If you're a small person or are trying to lose weight, you may need smaller portions. If you use the hand measures we give, portion sizes will vary with the size of your hands and so, generally, bigger people will automatically get bigger portions and smaller people will get smaller portions.

There are lots of different ways to eat a healthy, balanced diet and you can use this guidance to fit in with your preferences and beliefs – from Mediterranean, vegetarian or vegan to a more traditional British diet. It's about balancing the food groups and finding the portion sizes that are right for you.



# Finding your balance across the day

This image shows how many portions to aim for from each food group each day for a healthy, balanced diet.



 <b>Fruit and vegetables</b> A variety of different types a day	<b>5+</b>
 <b>Starchy carbohydrates</b> Potatoes, bread, rice, pasta and others	<b>3-4</b>
 <b>Protein foods</b> Beans, pulses, fish, eggs, meat and others	<b>2-3</b>
 <b>Dairy and alternatives</b> Yogurt, cheese, milk and alternatives	<b>2-3</b>
 <b>Unsaturated oils and spreads</b>	<b>Small Amounts</b>

# Putting it into practice - an example day

Meal:	Foods included:	 Fruit and veg	 Starchy	 Protein	 Dairy
<b>Breakfast</b>	2 wheat biscuits with semi-skimmed milk		✓		✓
	1 banana	✓			
	Small glass of orange juice (150ml)	✓			
<b>Morning snack</b>	Apple	✓			
<b>Lunch</b>	Baked potato about the size of your fist		✓		
	Tuna mayonnaise made with a whole medium-sized tin of tuna			✓	
	Cereal bowl full of mixed salad	✓			
	2 tangerines	✓			
<b>Afternoon snack</b>	2 oatcakes with reduced fat soft cheese		✓		✓
<b>Dinner</b>	Spaghetti Bolognese served with the amount of cooked spaghetti that would fit in two hands cupped together	✓	✓	✓	
	3 serving spoons or more of broccoli	✓			
	Small pot of low fat fruit yogurt				✓
<b>TOTAL PORTIONS PER DAY</b>		<b>7</b>	<b>4</b>	<b>2</b>	<b>3</b>

# Portion sizes

In the next pages you will find suggested portion sizes for healthy adults for a range of food and drinks from each of the main food groups.

These portion sizes are based on an analysis of how the portions of food and drinks we consume can fit into a healthy, balanced diet. They aim to give you an idea of sensible portion sizes but you will find that the portions available in shops, cafes, restaurants and takeaways will vary.

For each portion size we have given the weight in grams, the calorie content and a practical way of measuring it, unless it is something that comes ready portioned like a bagel, a sausage or a can of tuna. The calorie values are based on average data and so you may see different values on food packs. If you want to be accurate then weighing your food is the best way to measure out portion sizes, but using the measuring ideas will help you get portion sizes about right.

Note that where we have used 'tablespoons' this refers to a 10ml spoon that would be used to eat soup or pudding, rather than a larger serving spoon.

**The portions given are per person.**

## Measures



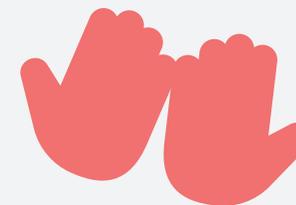
A Handful



A fist



Finger and thumb  
(A hole the size of a £1 coin)



Cupped hands



Two thumbs



## Starchy carbohydrates. 3-4 a day

Potatoes, bread, rice, pasta or other starchy carbohydrates

Choose 3-4 portions of starchy carbohydrate foods a day – you could have one with each meal and could also include snack-sized portions. Those that are 200kcal or more tend to be the things you would have as a main meal, and those that are less than 200kcal for lighter meals or breakfast.

It's a good idea to include wholegrains like wholemeal breads, brown pasta and wholegrain cereals, and potatoes with skins regularly as they are important sources of fibre. If you're having more than one food from this group in a meal then portion sizes can be smaller, e.g. if having rice and naan bread with a curry. For foods like pasta or rice, both cooked and uncooked portion sizes are included – these gain weight when they are cooked as they absorb water. Unless stated otherwise, the information provided here is based on the food alone without additions e.g. bread without spread, cereal without milk.

### Less than 200kcal - for lighter meals and breakfast

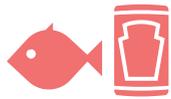
Food	Portion size (g)	Calories	How to measure
Flaked breakfast cereals	40g	130-150 kcal	About 3 handfuls
Weetabix-type cereal biscuits (2)	40g	133 kcal	Ready portioned
Wholegrain malted wheat cereal	40g	136 kcal	About 3 handfuls
Shredded wheat type cereal (2 biscuits)	45g	150 kcal	Ready portioned
Multigrain hoops	40g	147 kcal	About 3 handfuls
Muesli	50g	183 kcal	About 3 handfuls
Porridge (dry weight)	45g	171 kcal	About 1 and a half handfuls
2 slices of medium-sliced wholemeal bread	80g	174 kcal	Ready portioned
½ small baguette	70g	184 kcal	Ready portioned
Pitta bread	60g	153 kcal	Ready portioned
Mashed potato (mashed with spread)	180g	184 kcal	About 4 tablespoons
Cooked new potatoes	175g	119 kcal	About 6 small potatoes
Wrap	65g	183 kcal	Ready portioned
Sandwich thins	40g	98 kcal	Ready portioned
Bagel thins	50g	130 kcal	Ready portioned
Garlic bread (¼ small baguette)	50g	174 kcal	Ready portioned
1 medium wholemeal bread roll	60g	146 kcal	Ready portioned
1 small chapatti	45g	148 kcal	Ready portioned
Plain microwave rice	125g	190 kcal	Half a 250g pack

### More than 200kcal - mostly for main meals

Food	Portion size (g)	Calories	How to measure
Plain pasta - dried	75g	-	2 handfuls For spaghetti: use your finger and thumb to measure a bunch the size of a £1 coin
Plain pasta - cooked	180g	270 kcal	About the amount that would fit in 2 hands cupped together
Rice - dried	65g	-	About 2 handfuls
Rice - cooked	180g	236 kcal	About the amount that would fit in 2 hands cupped together
Couscous - dried	90g	-	About 2 handfuls
Couscous – cooked	150g	267 kcal	About the amount that would fit in 2 hands cupped together
Large wholemeal bread roll	90g	220 kcal	Ready portioned
Bagel	85g	232 kcal	Ready portioned
Oven chips	165g	257 kcal	About 2 handfuls
Roast potatoes	200g	322 kcal	About 4 small potatoes
Large scone	70g	242 kcal	Ready portioned
Egg noodles - dried	65g	-	Usually ready portioned
Egg noodles - cooked	175g	253 kcal	Usually ready portioned
1 large chapatti	90g	290 kcal	Ready portioned
2 slices thick-sliced bread	94g	204 kcal	Ready portioned
Cooked baked potato	220g	213 kcal	About the size of your fist
Plain naan bread (½ naan)	70g	200 kcal	Ready portioned

### Snacks (less than 150kcal)

Food	Portion size (g)	Calories	How to measure
Oat cakes (2)	24g	109 kcal	Ready portioned
Plain rice cakes (3)	21g	81 kcal	Ready portioned
1 slice of medium-sliced wholemeal bread	40g	87 kcal	Ready portioned
Small roll	35g	85 kcal	Ready portioned
Mini wrap	30g	90 kcal	Ready portioned
Mini pitta (2 small, 1 medium)	45g	109 kcal	Ready portioned
Small fruit scone	40g	135 kcal	Ready portioned
Plain popcorn	20g	94 kcal	About 3 handfuls
Malt loaf (2 slices of sliced loaf)	43g	129kcal	Ready portioned
1 crumpet	50g	104 kcal	Ready portioned
cream crackers (3)	24g	107 kcal	Ready portioned



## Protein foods. 2-3 a day

Beans, pulses, fish, eggs, meat and other protein

Apart from oily fish like salmon and mackerel, in this food group for most people it's a good idea not to have the 200kcal or more options too often and to go for those less than 200kcal most of the time. You can also include protein foods as snacks – they can provide a range of nutrients and are a good alternative to sweet snacks.

It's a good idea to include plant-based sources of protein in your diet - like beans, chickpeas and lentils (all types of pulses), which are good alternatives to meat because they're naturally low in fat, and provide fibre, protein, vitamins and minerals – they can also count as one portion of your 5 A DAY. It's recommended that you have two portions of fish a week, one of which should be oily. (Note that there are some restrictions on fish consumption for women and girls – **see NHS pages on fish**). If you eat a lot of red and processed meat (see those foods with \*) it's a good idea to cut down – for more information **see NHS pages on meat**. If you're including more than one food from this group in a meal e.g. mince and beans in a chilli, then portion sizes can be smaller – you could use about half the portions that are suggested below.

For foods like meat and fish we have included both cooked and raw portion sizes – these foods lose weight when cooked as they lose water. We've generally used grilling, stewing and baking. Cooking methods that use more oil or fat, such as roasting or frying, will increase the fat and calorie content.

### Less than 200kcal - for lighter meals and breakfast

Food	Portion size (g)	Calories	How to measure
Chicken breast - raw	160g	-	About half the size of your hand
Chicken breast - grilled	120g	178 kcal	About half the size of your hand
Roast chicken	100g	153 kcal	About 2 and a half slices (calories given for white meat)
Lentils, beans and other pulses	120g	120-140 kcal	About 6 tablespoons
Baked beans	200g	162 kcal	Half a standard 400g can
Eggs (2)	120g	172 kcal	Ready portioned
White fish fillet (not battered or breaded) - raw	140-195g	-	The size of half to a whole hand
White fish fillet (not battered or breaded) - cooked	100-140g	106-148 kcal	The size of half to a whole hand
Tofu	80g	58 kcal	Use the size of pack as a guide
Canned tuna	120g	131 kcal	A whole medium-sized can (about 160g net weight)
Soya mince	100g	110 kcal	Use the size of pack as a guide

### Less than 200kcal - for lighter meals and breakfast

Food	Portion size (g)	Calories	How to measure
Quorn mince	100g	103 kcal	Use the size of pack as a guide
Vegetarian sausages (2)	80g	114-154 kcal	Ready portioned
*Bacon (2 slices) - raw	75g	-	Ready portioned
*Bacon (2 slices) - grilled	50g	144 kcal	Ready portioned
*Lean beef mince - raw	125g	-	Use the size of pack as a guide
*Lean beef mince - cooked	100g	157 kcal	Use the size of pack as a guide
*Lean diced stewing pork - raw	150g	-	Use the size of pack as a guide
*Lean diced stewing pork - cooked	100g	169 kcal	Use the size of pack as a guide
*Lean beef stewing steak - raw	125g	-	Use the size of pack as a guide
*Lean beef stewing steak - cooked	100g	185 kcal	Use the size of pack as a guide
Veggie burgers (1)	49-108g	78-147 kcal	Ready portioned
Fish fingers (3)	90g	164 kcal	Ready portioned

\*Red or processed meats- these should be limited to an average of 70g of cooked meat per day (about 500g per week).

### More than 200kcal - mostly for main meals

Food	Portion size (g)	Calories	How to measure
Salmon fillet - raw	120-165g	-	About half the size of your hand
Salmon fillet - grilled	100-140g	239-335 kcal	About half the size of your hand
Mackerel fillet - raw	125-175g	-	About half the size of your hand
Mackerel fillet - grilled	100-140g	283-396 kcal	About half the size of your hand
*Meat sausages (2 standard size) - raw (Uncooked)	114g	-	Ready portioned
*Meat sausages (2 standard size) - grilled	90g	265 kcal	Ready portioned
*Lean rump steak - raw	175g	-	About half the size of your hand
*Lean rump steak - grilled	130g	310 kcal	About half the size of your hand
*Lamb mince - raw	160g	-	Use the size of pack as a guide
*Lamb mince - cooked	100g	208 kcal	Use the size of pack as a guide
*Beef burger - raw	120-150g	-	Ready portioned
*Beef burger - grilled	80-100g	261-326 kcal	Ready portioned
*Lean stewing lamb - raw	140g	-	Use the size of pack as a guide
*Lean stewing lamb - cooked	100g	240 kcal	Use the size of pack as a guide
Breaded chicken goujons (3)	75g	208 kcal	Ready portioned
Breaded frozen white fish fillet	125g	234 kcal	Ready portioned

## Snacks (less than 150kcal)

Food	Portion size (g)	Calories	How to measure
Canned tuna	60g	65 kcal	Half a medium can about 160g net weight)
Unsalted nuts and seeds	20g	113-137 kcal	About the amount that fits in your palm
Boiled egg (1)	60g	86 kcal	Ready portioned
Prawns	80g	54kcal	About 4 tablespoons
Reduced fat houmous	55g	103 kcal	About 2 tablespoons or about ¼ of a standard pack
*Ham (2 slices)	30g	32 kcal	Ready portioned
Smoked mackerel pate	50g	119 kcal	Use the size of pack as a guide
Peanut butter	20g	121 kcal	About 1 tablespoon
*Cocktail sausages (4) - raw	45g	-	Ready portioned
*Cocktail sausages (4) - cooked	35g	100 kcal	Ready portioned
Ready-made falafel (2)	40g	113 kcal	Ready portioned
*Liver pate (about 1/5 of a 200g pack)	40g	99 kcal	Use the size of pack as a guide

\*Red or processed meats- these should be limited to an average of 70g of cooked meat per day (about 500g per week).



## Dairy and alternatives. 2-3 a day

It's a good idea to go for lower fat options most of the time. Check food labels and go for those with less saturates, salt and sugars. If you are having plant-based non-dairy alternatives, try to choose those that are low in sugars and fortified with calcium, and ideally other nutrients.

### Lower fat options (low or medium for fat on food labels)

Food	Portion size (g)	Calories	How to measure
Milk on cereal (skimmed)	125ml	42 kcal	About half a glass
Milk as a drink (skimmed)	200ml	68 kcal	One glass
Milk on cereal (semi-skimmed)	125ml	58 kcal	About half a glass
Milk as a drink (semi-skimmed)	200ml	92 kcal	One glass
Milk on cereal (whole)	125ml	79 kcal	About half a glass
Milk as a drink (whole)	200ml	126 kcal	One glass
Yogurt (fruit, low fat) small pot	125-150g	98-117 kcal	Ready portioned
Yogurt, plain, low fat	120g	68 kcal	About 4 tablespoons
Soft cheese (spreadable, low fat)	30g	46 kcal	About 3 teaspoons
Cottage cheese	100g	103 kcal	About 3 tablespoons
Unsweetened plant-based milk alternatives on cereal	125ml	23-55 kcal	About half a glass
Unsweetened plant-based milk alternatives as a drink	200ml	36-88 kcal	One glass
Plant-based yogurt alternative (fruit)	125g	94kcal	One individual pot or about 4 tablespoons

### Higher fat options (high for fat on food labels)

Food	Portion size (g)	Calories	How to measure
Hard cheese (e.g. cheddar)	30g	125 kcal	About the size of two thumbs
Reduced fat hard cheese	30g	94 kcal	About the size of two thumbs
Stilton-type cheese	30g	123kcal	About the size of two thumbs
Full fat soft cheese	30g	76 kcal	About 3 teaspoons
Brie-type cheese	30g	103 kcal	About the size of two thumbs



## Fruit and vegetables. 5+ a day

One portion is approx. 80g. For dried fruit a portion is about 30g and for fruit and vegetable juices and smoothies a portion is 150ml (limit to a combined total of 150ml a day).

The more variety the better – try to include a range of colours and types. These portion sizes are only a guide and can be larger – as long as they are not served with added sugar or fat you can eat big portions of most fruit and vegetables for relatively few calories. You can combine more than one type to make up your portions, for example in a fruit salad or different types of vegetables in a soup or stew. Fresh, frozen, dried and canned fruit and vegetables can all count. If choosing canned fruit or vegetables go for those in water or fruit juice without added sugars or salt.

Dried fruit can count towards your 5 A DAY but it's best to keep this to mealtimes as it's high in sugars and can stick to teeth.

### Portion size examples:

Small Fruit:	Two plums, two satsumas, two kiwi fruit, three apricots, six lychees, seven strawberries or 14 cherries.
Medium-sized fruit	One apple, banana, pear, orange or nectarine.
Large fruit	Half a grapefruit, one slice of papaya, one slice of melon (5cm slice), one large slice of pineapple or two slices of mango (5cm slices).
Dried fruit	About one heaped serving spoon of raisins, currants or sultanas, one serving spoon of mixed fruit, two figs, three prunes or one handful of dried banana chips.
Green vegetables	Two large broccoli spears (or 8 small florets) or four heaped serving spoons of cooked kale, spinach, spring greens or green beans.
Cooked vegetables	Three heaped serving spoons of vegetables, such as carrots, peas or sweetcorn, or eight cauliflower florets.
Salad vegetables	Three sticks of celery, a 5cm piece of cucumber, one medium tomato or seven cherry tomatoes.
Pulses	Three heaped serving spoons of pulses like beans, lentils or chickpeas counts as one of your 5 A DAY (maximum).
Fruit juice and Smoothies	One small glass is about 150ml – this can count as one of your 5 A DAY but limit smoothies to a combined total of 150ml a day.



## Unsaturated oils and spreads.

Include in small amounts

Unsaturated oils and spreads are healthier fats and provide essential fatty acids and fat soluble vitamins.

Foods like butter, coconut oil and cream are not included in this group as they are high in saturates – these are included in foods high in fat, salt and sugars group).

Spread thinly on bread and use in small amounts when cooking. (Note that all oils and spreads are high in calories).

### Portion size examples:

- 1 teaspoon olive/vegetable oil – 27 kcal
- 1 tablespoon olive/vegetable oil – 99 kcal
- Standard spread, spread thinly on 1 slice of bread – 31 kcal
- Low fat spread, spread thinly on 1 slice of bread – 18 kcal
- 1 tablespoon salad dressing made with oil – 82 kcal



## Treats.

Foods high in fat, salt or sugars and sugary drinks

Everyone knows that these are the foods we are supposed to eat less of! Treats are not needed in the diet and so if you do include them then it's best to keep the portion sizes small, that is, about 100-150kcal and not have them too often.

You can look at traffic light labels on the front of packs and go for those with less fat, saturates, salt and sugars.

Sugary drinks are included in this group – these can contribute a lot of sugar and calories so it's best to choose drinks that don't contain added sugars.

### Portion size examples:

- A small chocolate biscuit bar
- 4 small squares of chocolate (20g)
- 2 small biscuits
- A small multipack bag of crisps
- A mini muffin
- A small chocolate mousse

## Composite foods.

These are foods made up of more than one food group. For example a spaghetti Bolognese dish includes starchy carbohydrates (the pasta), minced meat or a vegetarian alternative from the protein foods group, vegetables in the tomato-based sauce and if served with cheese would also include a dairy food.

If you are choosing ready-made versions of these e.g. ready meals or pizzas, then calorie content is the best way to select an appropriate portion size and you can also check front of pack labels for fat, saturates, sugars and salt.

Government guidance suggests aiming for about 400kcal for breakfast and 600kcal for a main meal and so use this as a rule of thumb when choosing foods and drinks. These figures are for the whole meal including drinks and accompaniments.

For composite foods you make at home, it would be very difficult to calculate the calories you're eating but you can use the portion sizes provided for each of the food groups as a guide.

## Some examples

### Spaghetti Bolognese

- Allow about 75g of uncooked spaghetti per person (you can measure a portion for one person by using your finger and thumb to make a hole the size of a £1 coin) or more if you are cooking for people with higher calorie needs or if you want leftovers.
- The portion size we give is about 125g of raw mince (1/4 of a 500g pack) but you could halve this in a dish which has lots of other ingredients and you could replace some or all the meat with meat-free mince or pulses.
- Add plenty of vegetables – a Bolognese sauce often includes onion, tomatoes (fresh, canned or as part of a ready-made sauce), carrots and celery – but add any others that you like. If you're using a cook-in sauce, you can boost the dish by adding extra vegetables – you could try ready-prepared, canned or frozen vegetables to save time.

### Fish pie

- Allow about 180g mashed potato per person (about 3 average sized potatoes).
- Allow around 120-200g raw fish per person – a small, raw fillet of fish is about 120-140g.
- Add vegetables if you can e.g. frozen peas or spinach. Remember to serve with plenty of cooked vegetables or salad.

## FAQ

### How do I know which portion sizes to choose for me?

Everyone has their own individual requirements but generally, bigger, more active people can eat more calories without gaining weight, whereas if you are smaller and less active you will need fewer calories to maintain your weight. When using this guide, for some food groups there are different categories with different calorie contents as well as snack options.

If your calorie needs are lower, for example if you're a smaller person with lower activity levels, you can go for more of the lighter and snack options and only have the higher calorie options occasionally. If you use hands to measure out portions then, generally bigger people will automatically get bigger portions and smaller people smaller ones. You can also go for the lower frequency suggestion for the food groups – e.g. 2 rather than 3 protein foods per day. If you have higher requirements, for example if you are tall and active, you could have the higher calorie options more frequently and go for the higher frequency for the food groups e.g. 4 portions of starchy carbohydrates a day.

### Can I use this guide for children and when we are eating as a family?

This guidance is specifically for adults and does not include portion sizes for children. If you are eating as a family, smaller children (i.e. toddlers and primary school children) should have smaller portions – if in doubt you could start off small and they can ask for more if they are still hungry. Teenagers have similar requirements to adults so the portion sizes provided here could be used as a guide. **See BNF's toddler plate guide** for more information on portion sizes for young children.

### Is alcohol included in the guide?

This guidance doesn't include alcohol but it's important to be aware that alcoholic drinks add calories and so including these will add to your total calorie intake and could mean you consume too much. For more information see **NHS pages on calories in alcohol**. It's also important for both men and women not to drink more than 14 units of alcohol a week on a regular basis – **see here for more information about alcohol units**.

### What about drinks?

Drinks can be part of different food groups, for example, juices from fruit and vegetables, milk in dairy and alternatives and so portion sizes and UK healthy eating advice for these are given in this guide. It is important to drink plenty of fluids – about 6-8 glasses/cups a day. For most of us, it's a good idea to mainly go for drinks that have fewer or no calories such as water, lower fat plain milk, unsweetened tea or coffee (note that latte style coffees will be higher in calories) or sugar-free drinks. **For more information about healthy drinks see BNF's healthy hydration guide.**

### What about portion sizes when I'm eating out?

If you are eating out, it is a good idea to look at calorie labelling if it is available. Supermarkets, some cafes, coffee shops and restaurants provide information on the calories in meals, snacks and drinks.

As a rule of thumb the Government has suggested aiming for about 400 calories for breakfast and 600 calories for lunch and for dinner, so this is a useful guideline when choosing what you have for meals – **see here for more information.**

Be aware that if you are including sides and drinks these can add up and you will need to include them in the total. It can be more difficult when calorie information isn't provided, but if you are given large portion sizes when eating out, see if you can take some home for another time. If you know that the takeaway or restaurant you're going to serves big portions you could try sharing dishes or going for starters or side dishes rather than main courses. **For more information about healthy eating outside the home see here.**

## **Can I use this guide to help me lose weight?**

This guidance has not been designed as a weight loss plan but controlling portion size is an important part of reducing your calorie intake to lose weight. If you'd like to lose weight it is a good idea to visit your GP to see what services are available in your area and there are also resources available online, such as **this free NHS weight loss programme.**



[www.nutrition.org.uk](http://www.nutrition.org.uk)

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