

Find your balance

Get portion wise!

An easy guide for finding the right balance for you

Having a healthy, balanced diet is about getting the right types of foods and drinks in the right amounts for you. This guide aims to give you an idea of portion sizes for different foods for adults and how many portions of each food group to aim for each day.

It's so quick and easy to follow!



Finding your balance across the day

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



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

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Handy portion sizes

Your hands are perfect for measuring the right portion size for you – this guide gives examples of portion sizes for different food and drinks for adults.

You can find portion sizes for more foods on the BNF website.

Group	Food	1 Portion	Weight
●	Fresh fruit	About one handful or more	80g
●	Vegetables	About 3 serving spoons or more	80g
●	Fruit juice	1 small glass	150ml
●	Dried rice or pasta	About 2 handfuls	65-75g
●	Cooked pasta or rice	About the amount that would fit in two hands cupped together	180g
●	Flaked breakfast cereals	About 3 handfuls	40g
●	Dried porridge oats	About 1 and a half handfuls	40g
●	Baked potato	About the size of your fist	220g
●	Plain popcorn	About 3 handfuls	20g
●	Grilled chicken breast	About half the size of your hand	120g
●	Cooked fish fillet (e.g. salmon or cod)	About half the size of your hand	100-140g
●	Cooked steak	About half the size of your hand	130g
●	Cooked beans, chickpeas or lentils	About 6 tablespoons	120g
●	Canned tuna in water	One can (about 160g net weight)	120g
●	Humous	About 2 tablespoons or about ¼ standard pot	55g
●	Nuts and seeds	The amount you can fit in your palm	20g
●	Low fat yogurt	About 4 tablespoons or one individual pot	120g
●	Cheddar cheese	About the size of two thumbs together	30g
●	Milk or plant-based alternative	One medium glass	200ml
●	Unsaturated oils or spread	One teaspoon	3-5g

These portion sizes have been based on averages and may be different to what you see in stores and on pack. They have been developed based on a 2000kcal per day diet. Individual needs vary and you may need larger or smaller portions. As hand size varies you can use your hands as a measure of a suitable portion size for you. Note that where we have used 'tablespoon' this refers to a 10ml spoon that would be used to eat soup or pudding, rather than a larger serving spoon.

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