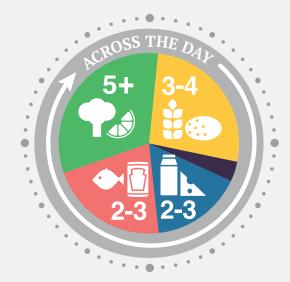


Your balanced diet - get portion wise!

A balanced diet can keep you healthy and help you maintain a healthier weight.

Eating a balanced diet is about having the **right types** of foods and drinks in the **right amounts** for you!

Each day, aim for:



	At least 5 portions of fruit and vegetables	5+
	3-4 portions of starchy foods	3-4
	2-3 portions of protein foods	2-3
ĪL	2-3 portions of dairy/alternatives	2-3
	Small amounts of unsaturated oils and spreads	SMALL AMOUNTS

Across the day

Here is an example of how this can look in meals and snacks across the day.

	P.		◆ ••	Īk
Breakfast				
Wholegrain cereal and milk		✓		√
A banana	\checkmark			
Small glass of orange juice	√			
Morning snack				
An apple	√			
Lunch				
Tuna and sweetcorn sandwich		✓	✓	
Carrot sticks	√			
2 satsumas	√			
Afternoon snack				
Cheese and oatcakes		✓		√
Evening meal				
Spaghetti bolognese	√	1	√	
Broccoli	√			
Small pot of fruit yogurt				√
Total daily portions	7		2	3

Measuring your portion sizes

Food	Portion size
Fruit	About a handful or more
Vegetables	About 3 serving spoons or more
Breakfast cereal	About 3 handfuls
Dried rice or pasta	About 2 handfuls
Baked potato	About the size of your fist
Bread	2 slices (or 1 as a snack)
Chicken breast	About the size of your whole hand
Steak	About the size of your palm
Dried lentils	About 2 handfuls
Nuts and seeds	The amount you can fit in your palm
Cheddar cheese	About the size of two thumbs together
Yogurt	One individual pot or about 4 tablespoons

To find out more about how to find the right balance for you, have a look at our *Your balanced diet* booklets at: **www.nutrition.org.uk**



