



## **Food Group Portions**

### **BREADS, CEREALS**

1 portion is equal to

- 1 slice of bread
- 75g of pasta (small cup full)
- Small bowl of breakfast cereal (variety size)
- 2 medium sized new potatoes
- 1 cereal bar
- ½ bagel or English muffin

### **MEAT, FISH, BEANS, NUTS**

1 portion is equal to

- 50 grams of uncooked meat
- 1 small chicken breast
- ½ cup beans
- 1 handful of nuts
- 1 small fish
- ½ tin tuna
- 2 eggs
- 1 sausage
- 1 quorn burger
- 2 tablespoons of peanut butter

### **FATS, SUGARS**

1 portion is equal to

- 1 snack size chocolate bar
- 1 normal size chocolate bar = 2 portions
- 1 small cake bar
- Cakes and desserts = 3-4 portions
- 1 bag of crisps
- Half bag of sweets

### **FRUIT, VEGETABLES**

1 portion is equal to

- 1 large carrot
- 1 piece of fruit
- 1 large tomato
- 2 small fruits, eg. Satsumas/plums cereal
- bowl sized salad = 1 portion
- 1 glass of fruit juice

### **MILK, DAIRY**

1 portion is equal to

- 1/4 pint of milk
- 1 small square of cheese (25 grams)
- 1 teaspoon of full fat cream
- 1 yoghurt

### **COFFEE/TEA**

1 portion is equal to

- One normal size mug or cup

### **CARBONATED SOFT DRINK**

1 portion is equal to

- One 330ml can

### **CARBONATED DIET / LOW-SUGAR DRINK**

1 portion is equal to

- One 330ml can

### **CORDIALS/FRUIT JUICE**

1 portion is equal to

- One 330ml can
- Normal size glass (1/2 pint)

### **WATER**

1 portion is equal to

- Normal size glass (1/2 pint)

### **CHOCOLATE DRINK**

1 portion is equal to

- One normal size mug or cup