



Portion Sizes

This can be used as a guide on what and how much you should eat every day. So long as you try and stick to eating foods in the proportions illustrated in the Eatwell Plate and in the portion sizes given in this guide, you will be well on your way to a slimmer, healthier new you!

View more information in the “free stuff” section of the website to find out exactly what the Eatwell Plate is and how to record what you eat using a Food Diary.

Fruit and Vegetables

Vegetables

eg carrots, cabbage, peas, leeks, 3 heaped tablespoons
cauliflower, broccoli, peppers, mushrooms,
courgettes, sweetcorn

Salad

eg a mixed bowl of salad of lettuce, 1 small bowl
peppers, cucumber, onion, tomatoes,
sweetcorn

Tomatoes 1 medium

Fruits

Fresh whole fruits 1 apple, 1 pear, 1 orange, ½ or small
banana, 2 nectarines

Small fruits 12 grapes, 3 apricots, 2 plums, 2 kiwi
fruit, 7 strawberries

Large fruits 1 slice melon or pineapple, ½ grapefruit

Stewed fruit, eg apples, rhubarb, plums 4 large tablespoons

Dried fruit, eg raisins, sultanas, dates 1 matchbox size box

Tinned fruit in natural juice, eg peaches, 3 large tablespoons

pears, pineapple

Fruit juice (maximum one per day) 1 small glass or small carton



Bread, other cereals and potatoes

Bagel, plain or cinnamon & raisin	½
Bread or toast	1 large slice (medium thickness)
Bread bun or roll	½ large
Breakfast cereal	3 tablespoons
eg flakes or crispies	
Chapatti	1 small
Chips, steak cut oven chips	8
Crackers	3
Crispbreads	2
Crumpet/pikelet	1
Egg noodles, boiled	Half packet
Muffin (ie bread muffin, not a sweet one)	1
Pasta, plain boiled	2 heaped tablespoons
Pitta bread	1 mini or ½ standard
Porridge	4 heaped tablespoons
Potatoes	2 egg size
Jacket potato	1
Rice, plain boiled	2 heaped tablespoons
Yorkshire puddings, frozen, ready to bake	Per pudding (small)
	Per pudding (large)



Milk and dairy foods

Cottage cheese	75g
Cheese – preferably low fat	1 matchbox size, 40g, 1½ oz
	Why not try the mini portion size cheeses?
Fromage frais – light	1 small pot, 150g, 5oz
Milk (preferably semi-skimmed or skimmed)	1 medium glass, 1/3 pint
Yogurt, plain or flavoured, low fat and low sugar	1 small pot, 150g, 5oz

Meat, fish and alternatives

Baked beans in tomato sauce (reduced sugar and salt is best)	5 tablespoons
Beans & pulses eg Lentils, red kidney beans, butter beans, chickpeas	4 tablespoons, cooked
Eggs	2
Fish – white or oily	125g/4oz - About the size of a pack of playing cards
Fish fingers	3
Lean meat - beef, pork, ham, lamb, chicken (without skin), bacon – grilled lean back bacon, visible fat removed	100g/4oz - 3 slices (about the size of a pack of playing cards)
Lean steak mince	100g
Lentils	4 tablespoons, cooked
Nuts or peanut butter	2 tablespoons
Quorn	5-6ozs
Sausages, grilled	2 chipolatas



Fatty and Sugary Foods

Butter or margarine	2 teaspoons
Gravy	2 tablespoons
Dumplings	4oz/ 100g
Low calorie mayonnaise	4 teaspoons
Low calorie salad cream	4 teaspoons
Low fat spread	4 teaspoons
Oil, eg olive oil, sunflower oil, vegetable oil etc	2 teaspoons
Mayonnaise	2 teaspoons
Single cream	4 teaspoons
Pastry: shortcrust, cooked (frozen)	per 100g
Puff pastry (frozen)	1 sheet
Salad cream	2 teaspoons
Sugar	1 teaspoon
Light Sugar (Silver Spoon Granulated)	1 teaspoon
Honey	1 teaspoon
Fish shop fish	Large – 220g Medium – 175g
Chip shop chips	200g
Crisps (regular)	25g



Snacks and Nibbles

- 2 Tuc or Hovis biscuits
- 1 Jaffa Cake
- 1 plain biscuit (eg Gingernut)
- 1 cheese straw
- 50g dried apricots
- 1 mini savoury egg
- 1 packet corn crisps (eg Quavers)
- 1 fun sized chocolate bar
- 1 large marshmallow teacake
- 1 picnic egg
- 1 slice malt loaf
- 1 choc ice

- 50g dried mango
- 25g almonds
- 25 pumpkin seeds

- 1 Fig Roll
- 1 Jammy Dodger
- 1 small packet low fat corn snacks
- 2 rice cakes
- 1 dried fruit bar
- 1 scoop reduced fat ice cream
- 1 small cereal bar
- 1 two fingered wafer/chocolate biscuit
- ½ teacake with 1 tsp reduced fat spread
- 1 snack size sausage roll (small)
- Individual cake (eg Bakewell slice)
- 2 small crackers + matchbox size piece of cheese
- 1 mini pitta + 2 tsp reduced fat hummus
- 25g Bombay mix
- 25g peanuts



Alcoholic Drinks

(Maximum 1-2 per day or 7-14 per week)

Ordinary strength beer or lager	½ pint
Premium strength lager or strong ale	½ pint
Spirits (incl diet mixer)	1 pub measure, 25ml, 1 fl oz
Wine	1 glass, 100ml, 4 fl oz
Cream liquer	35ml

Other Drinks

Fizzy drinks (non-diet)	330ml can
High energy sports drinks	380ml can
Tea and Coffee	
(Just add points for the milk and sugar you use)	
Cappucino (from the High Street using whole milk)	
Hot Chocolate	One mug
Fruit Juice	150ml
Milk	1/3 pint