

# PORTION CONTROL

**PLATE IT RIGHT; PORTION SIZES MADE EASY**

## UK GUIDELINES: THE EATWELL GUIDE

The Eatwell Guide, recommended by the NHS, shows the proportions of different food groups you should aim for each day:

Food Group	Recommended Proportion
Fruits & vegetables	About ½ of your plate
Starchy foods (bread, rice, potatoes, pasta)	About ¼ of your plate
Protein (meat, fish, beans, eggs)	About ¼ of your plate
Dairy or alternatives	Small portions (1–2 servings per day)
Oils & spreads	Use small amounts
Foods high in sugar and fat	Eat less often and in small amounts

## TYPICAL PORTION SIZES

Food	Recommended Portion	Visual Guide
Cooked pasta, rice, potatoes	80 g (cooked)	About a tennis ball
Meat or fish	70–100 g	About a deck of cards
Cheese	30 g	About two thumbs
Beans or lentils	80 g (cooked)	Half a mug
Fruit	80 g	1 medium piece
Vegetables	80 g	1 large handful



## WHAT IS PORTION CONTROL?

Portion control means eating the right amount of food for your body. Eating the correct portion helps maintain a healthy weight, get the nutrients you need, and reduce the risk of health problems. It emphasises variety, balance and moderation.

**You don't have to give up your favourite foods, just portion them wisely**



**Nutrition is the foundation of health, fuel your body the way you want it to perform**

## PRACTICAL TIPS

Use smaller plates, bowls, and cups – Smaller tableware can naturally reduce how much you serve yourself.

Check serving sizes on packaging – Food labels show recommended portions; use them as a guide rather than guessing.

Avoid eating straight from packets or large containers – Portion out snacks into a bowl or plate to prevent mindless eating.

Drink water before meals – A glass of water can help you feel fuller and reduce overeating.

Balance your plate – Fill half your plate with fruits and vegetables, a quarter with starchy foods (like potatoes, rice, or pasta), and a quarter with protein (like meat, fish, beans, or eggs).

Limit high-fat, high-sugar foods – Enjoy these occasionally, and stick to small portions.

Eat slowly and mindfully – Take your time, chew properly, and listen to your body's hunger cues. Measure portions when possible – Use kitchen scales or measuring cups to get an accurate idea of serving sizes.

Plan your meals in advance – Preparing portions ahead of time can prevent overeating and make it easier to follow healthy guidelines.

Include protein and fibre – These help you feel full for longer, so you're less likely to snack unnecessarily.

Use your hand as a guide – A serving of protein can be about the size of your palm, carbs the size of your fist, and fats the size of your thumb.

Don't skip meals – Skipping meals often leads to overeating later; regular, balanced meals help control portions naturally.