

FOOD PORTIONS & FOOD GROUP GUIDE

Each day try to include the number of portions indicated from each food group. This will ensure that your diet contains adequate amounts of carbohydrate, protein, vitamins & minerals whilst restricting fat to a healthy level.

Starchy Foods



PROVIDE CARBOHYDRATE (b vitamins & protein)

Include 9 - 12 portions daily

Example of a portion:

1 slice of wholemeal bread / toast / pitta bread

1 bread bun / muffin / bagel / scone

1 small cup cereal / 1 weetabix / 1 shredded wheat / 1 bowl porridge

3 tablespoons of cooked rice / wholemeal pasta / noodles / double for 2 portions

1 potato

Meat or Alternatives



PROVIDE PROTEIN (zinc, iron, magnesium etc)

Include 3 -4 portions daily

Example of a portion:

75g (3oz) lean meat / chicken

50g (2oz) cheese / 1 egg / 150g (6oz) cooked fish / 150g (6oz) beans or lentils

Handful of nuts / level tablespoon of peanut butter

Fruit & Vegetables



PROVIDE VITAMINS & MINERALS (antioxidants)

At least 4 - 5 portions daily



Example of a portion:

1 banana / orange / apple / pear / peach / handful of grapes / 2 kiwi / 2 plums

1 cup tinned fruit / stewed fruit / fruit juice

1 heaped tablespoon of vegetables or salad

Dairy Products of Alternatives



PROVIDE PROTEIN (good source of calcium)

Have 2 - 3 portions daily

Example of a portion:

$\frac{1}{2}$ pint (300ml) semi skimmed milk / skimmed milk / soya milk

50g (2oz) cheese

1 small carton low fat fruit yogurt / fromage frais

Oils & Fats

PROVIDE ESSENTIAL FATTY ACIDS (omega3-omega 6)

Have 2 - portions daily

Example of a portion:

1 teaspoon polyunsaturated (vegetable) oil or olive oil spread / vegetable oil

1 teaspoon oily fish salmon / sardines / herring / kippers (also count as protein portion)

Nuts are also a good source of essential fats & count as protein portions too.