

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
	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.

Breakfast				
Wholegrain cereal and milk		✓		✓
A banana	✓			
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	✓	✓	✓	
Broccoli	✓			
Small pot of fruit yogurt				✓
Total daily portions	7	4	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

