

Food portions

Using your own hand can be an easy way to check the size of your portions. When serving up for someone else, use the size of their hand.

Components of a meal



Vegetables (non-starchy)

Your two hands cupped together is a good guide for the amount of non-starchy vegetables like carrots, broccoli or cauliflower, you should include at your meal. Include more, if you can.

Tip – choose vegetables from all the colours of the rainbow. Each colour provides a different range of nutrients.



Grain foods and starchy vegetables or legumes

A portion of grain foods and starchy vegetables is the size of your closed fist. This group includes foods like potato, taro, corn, rice, green banana or a bread roll. A portion of legumes is also the size of your closed fist. Legumes include chickpeas, lentils and beans.

Tip – if you want more than one grain food or starchy vegetable in your meal, reduce the size of each one so the total portion is the size of your fist.



Fish

The whole of your hand is a good portion guide for a piece of fish.

Tip – your whole hand is about the size of one fish fillet, which is enough for a meal.



Poultry or meat

The palm of your hand is a guide for a portion of red meat, chicken or pork.

Tip – the thickness of the meat should be about the same thickness as the palm of your hand.

Snacks



Vegetables (non-starchy), fruit or nuts

A single portion of vegetables, fruit or nuts is what fits into the palm of your hand.

Tip – this is a good size for your snacks.



eat most

vegetables & fruit




eat some

grain foods & starchy vegetables



legumes, fish, seafood, eggs, poultry & meat



milk, yoghurt & cheese



healthy oils, nuts & seeds

CUT BACK ON junk foods, takeaways & foods or drinks high in sugar, salt or saturated & trans fats