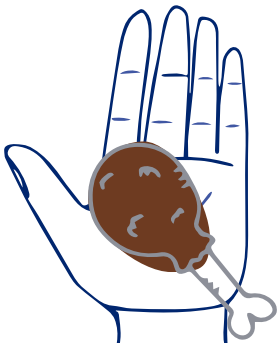


Portion Control Tips

Portion sizes of food have increased considerably over the years, so it's understandable that we may be eating more than we realise. Keeping to the recommended portion sizes for food and drinks can enable you to manage your weight.

What exactly is a portion?

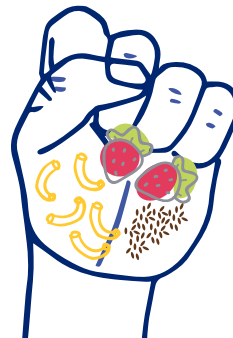
Use the OneLife Suffolk portion control guide below to help you eat the right amount of each type of food you need or just ask a OneLife Suffolk practitioner for more information about recommended portions of certain foods.



Meat
A palm size



Vegetables
A cupped hand size



Fruit, rice, pasta,
potatoes
A fistful size



150ml fruit juice
portion

What is the difference between serving size and portion size?

On labels of food and drink you will see the 'serving size column' – this quantity is chosen by the manufacturer. This is not the same as your portion size. Your portion size is the amount you choose to eat and it should be specific to you.

An example

Take a carton of orange juice. On the packet it may say that the serving size is 200ml. However, you know that the recommended portion size of juice for you is 150ml. So if you had a serving size instead of a portion size you would be having more juice than is recommended for you.