

# PORTION SIZES

Choosing the right foods to eat is the first step, the next step is knowing how much we should be eating!

The three 'Macronutrients' are;

- 1 - **Protein**
- 2 - **Fat**
- 3 - **Carbohydrate**

Each one provides a different amount of energy per gram;

- 1 - **Protein** = 4 calories per gram
- 2 - **Fat** = 9 calories per gram
- 3 - **Carbohydrate** = 4 calories per gram

An easy way to think of portions is as follows

**Protein** - 2-4 portions per day. A piece the size of your palm (70-90g)

**Starchy carbs** - 1-2 portions per day (potatoes, brown rice, wholemeal pasta) - an uncooked portion the size of your fist (approx 100g)

**Non starchy carbs** - 3-6 portions per day (leafy greens, Broccoli, spinach) - a portion that would fit in your cupped hand (approx 100g)

**Fruit** - 2 - 4 portions / day.

Tennis ball sized portion or approx 80g each

**Healthy Fats** - max 1 portion /day

eg. Nuts - 1tbsp / 12g. Healthy oils - 15ml / 1tbsp

Avocado - 1/2 medium.

Olives 5 large / 10 small