

Handy portion guide

Your hands can be very useful in estimating appropriate portions. When planning a meal, use the following portion sizes as a guide:



Grains and starches/Fruits

Choose an amount the size of your fist for grains or starches, or fruit.



Vegetables

Choose as much as you can hold in both hands. Choose brightly coloured vegetables (e.g., green or yellow beans, broccoli).



Meat and alternatives

Choose an amount the size of the palm of your hand and the thickness of your little finger.



Fat

Limit fat to an amount the size of the tip of your thumb.