PORTIONS BY HAND

Your own hand is the measure. Nothing to weigh, and it goes wherever you eat.

PALM

Protein
Chicken thighs, Lean beef mince, Salmon fillets, Eggs, Firm tofu, Tinned lentils

FIST

Veg
Broccoli, Green beans, Peppers, Spinach, Carrots, Frozen mixed veg

CUPPED HAND

Carbs
Rice, Potatoes, Sweet potatoes, Wholewheat pasta, Oats

THUMB

Fats
Olive oil, Avocados, Mixed nuts, Cheddar

General healthy eating guidance, not a diet plan. If you have a medical condition or specific dietary needs, check with your GP or a registered dietitian.