What is a Daily Portion? Below are examples of what ONE portion is (Grams): **PRECISE PORTIONS**

| **Fruit** | **Veg & Salad** | **Carbohydrates** | **Dairy Foods** | **Protein** | **Fats & Oils** | **Water, Tea, Coffee & Alcohol** |
| --- | --- | --- | --- | --- | --- | --- |
| **1 – 3 portions a day** | **3 – 6 portions a day**  *(Aim for a minimum*  *of 3 portions)* | **4 portions a day** | **2 to 3 portions a day** | **3 portions a day** | **3 portions a day** |  |
| Plums, Apricots and similar sized fruit  **=** **2 fruits** | \*All types of Veg **= 3 Tablespoons**  **\*see exceptions below …** | Porridge, Cereal =  **4**0g **dry weight or**  **3 Tbs** | Semi-skimmed Milk **= 200ml** | Beans and other pulses = 80g ( 3 heaped Tbs of cooked pulses) | Butter **= 3 Teaspoons** | Water **= minimum 8 glasses (150ml). Do not drink more than 3 litres a day.** |
| Apples, Bananas, Oranges and other Citrus fruit **= 1 Med fruit** | **\***Sweetcorn, Peas, Parnsips, Turnips, Swede **= 2 Tablespoons** | Oatcakes, Rye crackers (Ryvita) **= 2** | Plain, unsweetened Yoghurt **= 100g** | Fish **= 100g** (pack of playing cards or cheque book).  Lean meat + 100g | Oil (Olive, rapeseed) **= 1 Desert spoon** | Alcohol :  **125ml = 1.6 units**  **175ml = 2.2 units**  **(Limit to 1-2 glasses a week).** |
| Fresh Fruit Salad = **2 Tablespoons**  Grapes, cherries and berries **= small handful.** | Mixed **salad = 1 desert bowlful** | Whole-wheat pitta or bread **= 1**  **whole-wheat bread.** | Cottage & Cream Cheese **= 80g**  **\*read the label for added sugar.** | Tofu **= 100g** | Mayonnaise **=1 Desert spoon** | Don’t forget to log milk in your drinks as part of your daily quota. |
| Grapefruit = **½ fruit** | ***If you are hungry increase your vegetables.*** | Pasta **= 40g dry**  Brown rice, Basmati Rice = **3 Tbs** **cooked** | Cheese **= 25g**  **(only 2 x week)**  A ***small*** matchbox size. | Tinned fish (sardines, tuna, mackerel, salmon) **= 1 small tin.** | Gravy or White Sauce **= 1 Tablespoon** | **Start by reducing sugar in your hot drinks. By week 12 you should be sugar & sweetener free).** |
| Dried Fruit (raisins, dates, apricots, mango, etc.)  **= 5 raisins, 2 dates or mango or apricots, etc.) .**  **\*very high in sugar so treat as wet fruit. Spread throughout the day.** | ***Please note that potatoes and sweet potatoes fall under the carbohydrates*** | Potatoes **= 2 to 3 small (egg size)**  Jacket potato **= Your clenched fist or 190g** | Cream **= 1 Desert spoon** | **Nuts & Seeds:** In one day have a maximum of:  **7** Almonds **and 3** Brazils **or 3** Walnuts. Plus **1** Dessertspoons of mixed seeds. | Avocado = **1 small fruit** (although a fruit, it is a **good** fat) | **No fruit juices or flavoured water on this plan. They do NOT count towards your**  **5-a-day.** |
|  |  |  | Eggs **= 2 a day.** | Nut Butters & Hummus **= 1 Dsp** |  |  |

What is a DAILY Portion? Below are examples of what ONE portion is (Ounces): **PRECISE PORTIONS**

| **Fruit** | **Veg & Salad** | **Carbohydrates** | **Dairy Foods** | **Protein** | **Fats & Oils** | **Water, Tea, Coffee & Alcohol** |
| --- | --- | --- | --- | --- | --- | --- |
| **1 – 3 portions a day** | **3 – 6 portions a day**  *(Aim for a minimum*  *of 3 portions)* | **4 portions a day** | **2 to 3 portions a day** | **3 portions a day** | **3 portions a day** |  |
| Plums, Apricots and similar sized fruit  **=** **2 fruits** | \*All types of Veg **= 3 Tablespoons**  **\*see exceptions below …** | Porridge, Cereal = **1.4 oz** **dry weight or 3 Tbs** | Semi-skimmed Milk **= 6.7 fl oz** | Beans and other pulses = 3 oz ( 3 heaped Tbs of cooked pulses) | Butter **= 3 Teaspoons** | Water **= 8 glasses (5.3 fl oz) Do not drink more than 105.5 fl oz a day.** |
| Apples, Bananas, Oranges and other Citrus fruit **= 1 Med fruit** | **\***Sweetcorn, Peas, Parnsips, Turnips, Swede **= 2 Tablespoons** | Oatcakes, Rye crackers (Ryvita) **= 2** | Plain, unsweetened Yoghurt **= 3.5 oz** | Fish & Lean meat **= 3.5 oz** (pack of playing). | Oil (Olive, rapeseed) **= 1 Desert spoon** | Alcohol :  **4.2 fl oz = 1.6 units**  **5.9 fl oz = 2.2 units**  **(Limit to 1-2 glasses a week).** |
| Fresh Fruit Salad = **2 Tablespoons**  Grapes, cherries and berries **= small handful.** | Mixed **salad = 1 desert bowlful** | Whole-wheat pitta or bread **= 1**  **whole-wheat bread.** | Cottage & Cream Cheese = **2.8 oz \*read the label for added sugar.** | Tofu **= 3.5 – 4.2 oz** | Mayonnaise **=1 Desert spoon** | Don’t forget to log milk in your drinks as part of your daily quota. |
| Grapefruit = **½ fruit** | ***If you are hungry increase your vegetables.*** | Pasta **= 1.4 oz dry**  Brown rice, Basmati Rice = **3 Tbs** **cooked** | Cheese **= 0.8 oz**  **(only 2 x week)**  A matchbox size. | Tinned fish (\*sardines, tuna, mackerel, salmon) **= 1 small tin.**  **\*With skin & bones for the calcium** | Gravy or White Sauce **= 1 Tablespoon** | **Start by reducing sugar in your hot drinks. By week 12 you should be sugar & sweetener free).** |
| Dried Fruit (raisins, dates, apricots, mango, etc.)  **= 5 raisins, 2 dates or mango or apricots, etc).**  **\*very high in sugar so treat as wet fruit. Spread throughout the day.** | ***Please note that potatoes and sweet potatoes fall under the carbohydrates*** | Potatoes **= 2 to 3 small (egg size)**  Jacket potato **= Your clenched fist or 6.7oz** | Cream **= 1 Desert spoon** | **Nuts & Seeds:** In one day have a maximum of:  **7** Almonds **and 3** Brazils **or 3** Walnuts. Plus **1** Dessertspoons of mixed seeds. | Avocado = **1 small fruit** (although a fruit, it is a **good** fat)) | **No fruit juices or flavoured water on this plan. They do NOT count towards your**  **5-a-day.** |
|  |  |  | Eggs = **2 a day** | Nut Butters & Hummus **= 1 Dsp.** |  |  |