

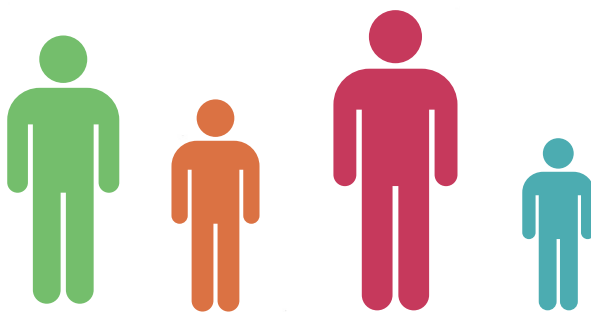
Portion Control



Portion size is the **amount** of food you should eat depending on how much **energy** your body can use.

The **amount** of food we need, **varies** from **person to person**.

Factors such as **age**, **gender**, **height** and **weight** can affect how much food we need!



One easy way to better understand what a persons portion sizes should be is to use their hand as a guide.

Everyone has different sized hands, which serves as a reminder that everyone requires different portions.

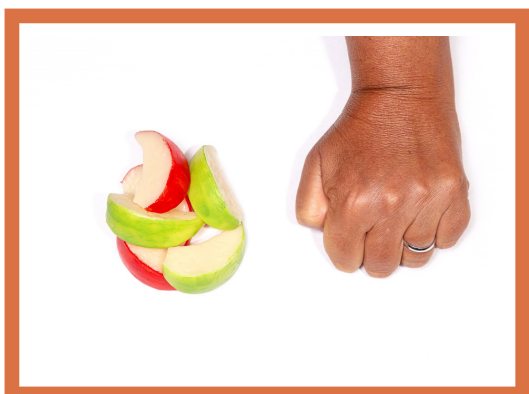
Carbohydrates



Protein



Fruit



Vegetables



Carbohydrates



Rice
Pasta
Potatoes
Bread
Cereal

Protein



Meat
Fish
Beans
Eggs
Meat Substitutes

Fruit



Apple
Strawberries
Orange
Banana
Grapes

Vegetables



Broccoli
Carrots
Mushrooms
Peas
Cauliflower



GWGHH

Growing **Well** Growing **Healthy**

Growing
Healthy

Stockton-on-Tees

You can... we'll help

NHS