

Portion Control

What is 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.

What can affect how much food we need?

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



Handy Portion Guide

One easy way to better understand what a person's 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

