

Health alert!

You do not need alcoholic drinks as part of your diet for good health.

Alcohol also contains unseen calories that can lead to weight gain

You do not need to have 1-2 drinks per day, but it is a good idea to spread your allowance over the course of the week, rather than having 7-14 drinks in one or two sessions.

Source: British Heart Foundation – So you want to lose weight for good – 2005

World Cancer Research Fund – 2005

Kelloggs - 2005

**Produced by
The Health Shop, 31 High Street,
Madeley, Telford. TF7 5AR.
Telephone: 01952 582659**

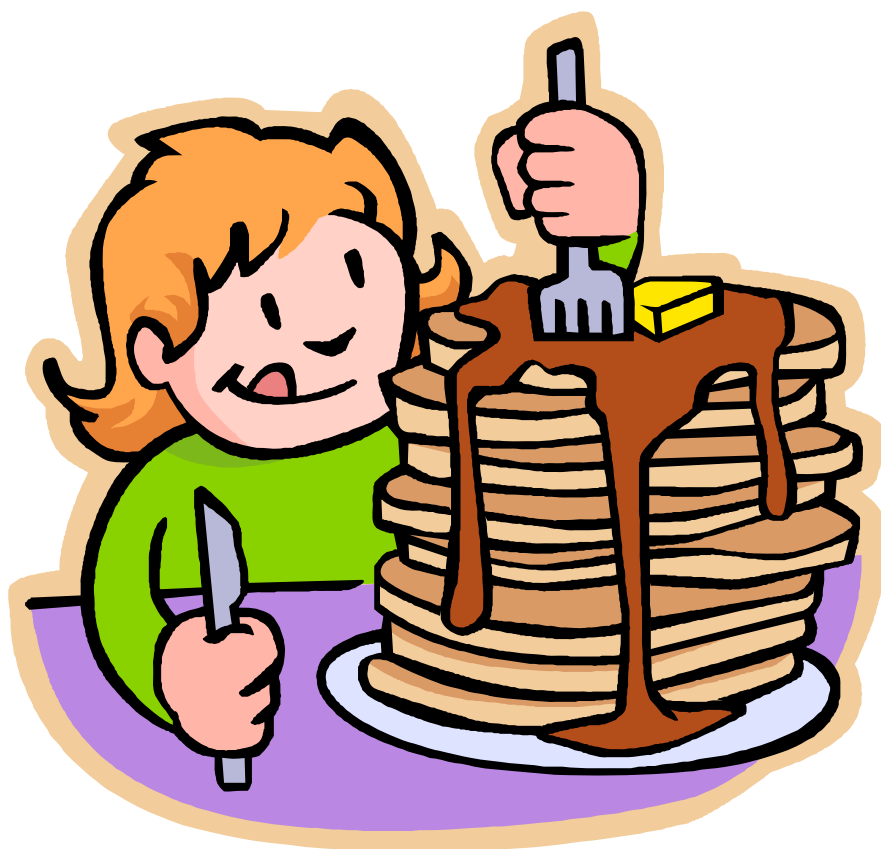
2006

Reviewed 2007

March 2008

**This leaflet is available in
large print upon request**

How much is a portion?



The aim of this leaflet is to tell you the number of portions that you should eat every day to be healthy.

It is important to know how much a portion is to make sure you eat the correct amounts of different types of foods each day. You will find this information inside the leaflet.

You need to be aware of the quantity of food you eat, as having too much can lead to weight gain.

The food pyramid gives us a basic model to follow, to make sure our diet is made up of the right foods to provide us with the nutrition we need to live healthily.



Treats such as chocolate, fast food, biscuits, sweets and cakes should be eaten rarely, once a day at most



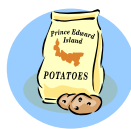
No more than 2-3 servings a day of lean meat, fish, poultry and alternatives



Around 2-3 servings of dairy produce such as milk, cheese and yoghurt



At least 5 portions of fruit, vegetables and salad. These can be fresh, or dried, tinned, frozen or juiced



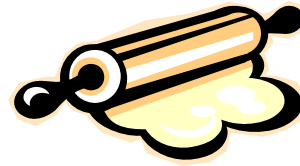
6 or more times daily, bread, potatoes and cereals make up the bulk of a healthy diet

Occasional foods (maximum 1 x portion per day or 7 x per week)

Food

1 x portion =

**Pastry in savoury item
e.g. pork pie, sausage
roll, quiche lorraine**



Half

For some foods, having half a portion may seem silly. You may wish to save up your portions to have at one time. For example, one doughnut would be two day's portions.

Alcoholic drinks (max 1-2 per day or 7-14 per week)

Food

1 x portion =

**Ordinary strength
beer or lager**



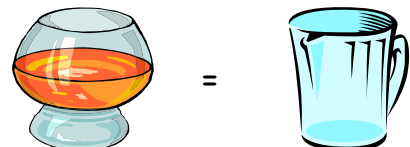
1 x small / 300 ml / half pint

Wine



1 x glass / 100 ml / 4 fl oz

Spirits



1 tot (pub measure) / 25 ml / 1 fl oz

Occasional foods (maximum 1 x portion per day or 7 x per week)

Food

1 x portion =

Small slice of cake



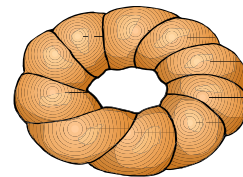
Half

Doughnut



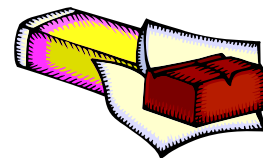
Half

Danish pastry



Half

Chocolate



1 x small bar or 2 x mini bars

Sweets



1 x small tube / bag

***** Health Alert *****

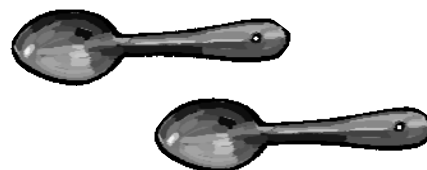
Be sure to brush thoroughly with a fluoride toothpaste at least twice a day, more often if your dentist recommends it. This is because eating too many sugary foods is bad for your teeth. It is also a good idea to drink water regularly instead of sugary drinks for the same reason.

Fruit & vegetables (at least 5 portions per day)

Food

1 x portion =

Cauliflower, cabbage, peas, carrots, mushrooms, tomatoes, leeks, swede, courgettes, broccoli, French beans and peppers



2 large tablespoons

Salad – mixed e.g., lettuce, cucumber, onion, pepper



1 bowl / 80g

Tomato



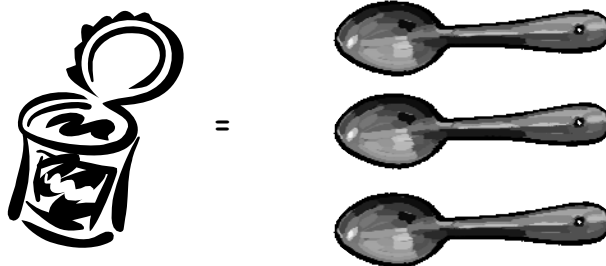
1 medium

Fruit Whole
Fresh



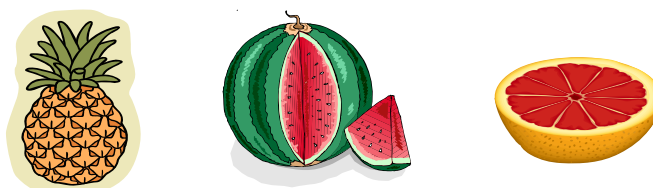
1 medium size of one of these

Tinned fruit in natural juice, e.g. peaches, pineapple, raspberries and pears



3 x large tablespoons

Large fruits



1 x slice of pineapple or melon or half a grapefruit

Fruit & vegetables (at least 5 portions per day)

Food

1 x portion =

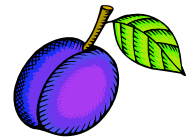
Small fruits



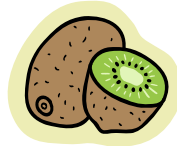
12 x grapes



3 x apricots



2 x plums



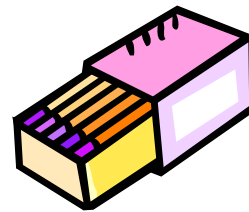
2 x kiwis



7 x strawberries

Dried fruits (e.g. raisins)

These foods are high in sugar
so have only one portion daily



1 x matchbox size

Fruit juice
(maximum 1 per day)



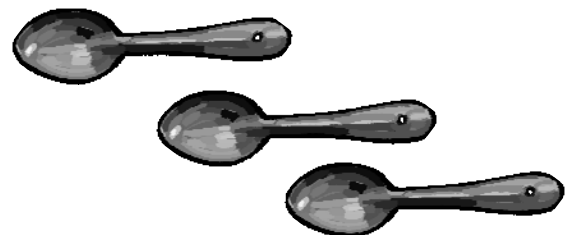
1 x small carton or glass

Bread, cereals and potatoes (6-14 portions per day)

Food

1 x portion =

Breakfast cereals (e.g.
flakes or crispies)



3 x tablespoons

Occasional foods (maximum 1 x portion per day or 7 x per week)

Food

1 x portion =

Sugar



3 x teaspoons

Jam or honey



1 x heaped teaspoon

Crisps, low fat and low salt



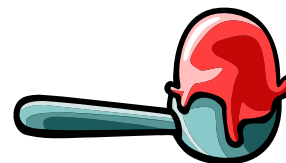
1 x small packet

Cream



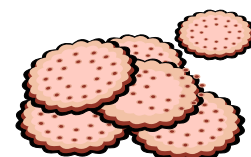
1 x tablespoon

Ice cream



1 x small scoop

Biscuits, plain



2 x biscuits

Fats (maximum 2 portions per day)

Food

1 x portion =

Salad cream



1 x tablespoon

Low calorie salad cream



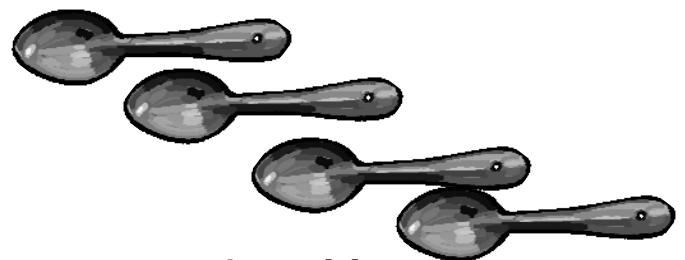
2 x tablespoons

Gravy or white sauce (roux)



1 x tablespoon

**Gravy or white sauce
(made with cornflour)**



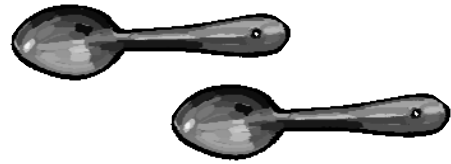
4 x tablespoons

Bread, other cereals and potatoes (6-14 portions per day)

Food

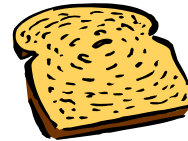
1 x portion =

Wholegrain based cereals,
such as porridge, muesli and
wheat based cereal



2 x tablespoons

Bread or toast



1 x large slice (medium thick)

Bread bun or roll



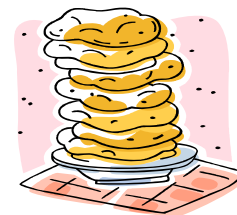
Half a large bun or roll

Pitta bread



1 x mini or picnic size

Chapatti



1 x small

Bread, other cereals and potatoes (6-14 portions per day)

Food

1 x portion =

Crackers and crispbreads



3 x individual

Naan bread



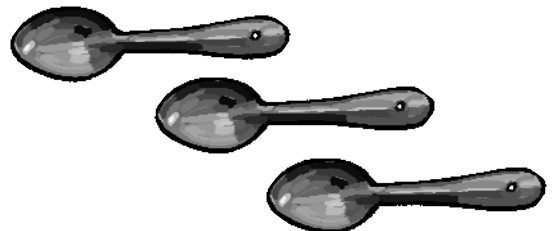
1 x small

Rice, plain and boiled



2 x heaped tablespoons

Pasta, plain and boiled



3 x heaped tablespoons

Egg noodles, boiled



Half a packet

Fats (maximum 2 portions per day)

Food

1 x portion =

Butter or margarine



1 x teaspoon

Low fat spread



2 x teaspoons

Oil (any type)



1 x teaspoon

Mayonnaise



1 x teaspoon

Low calorie mayonnaise



2 x teaspoons

Blue cheese dressing



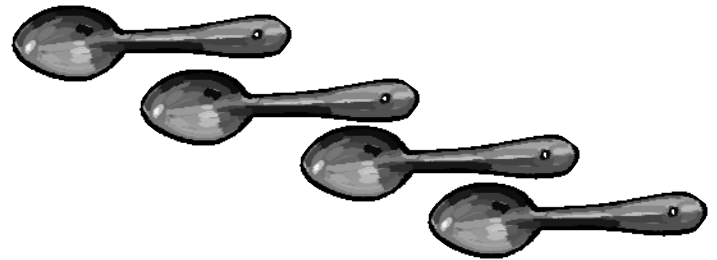
1 x teaspoon

Meat, fish and alternatives (have 2-3 portions per day)

Food

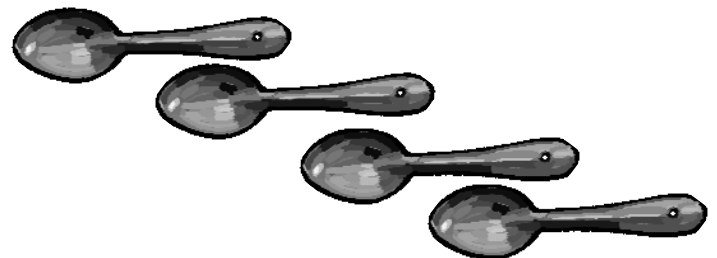
1 x portion =

Lentils



4 x tablespoons cooked

**Beans – e.g. red kidney
beans, butter beans, chick
peas**



4 x tablespoons cooked

Nuts or peanut butter



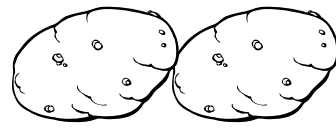
2 x tablespoons

Bread, other cereals and potatoes (6-14 portions per day)

Food

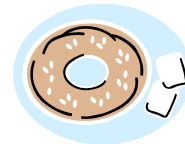
1 x portion =

Potatoes



2 x egg size

Bagel, plain or cinnamon and raisin



Half

Crumpet



1 x

Muffin



1 x

Malt loaf



1 x small slice

Muesli bar



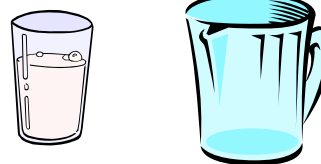
1 x

Milk and dairy foods (have 2-3 portions per day)

Food

1 x portion =

Milk (preferably semi-skimmed or skimmed)



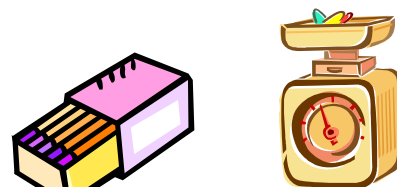
1 x medium glass / 200ml (1/3 pint)

Yogurt, plain or flavoured, low fat and low sugar and fromage frais - light



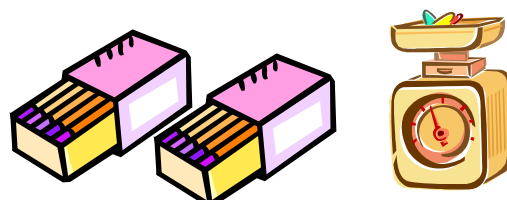
1 x pot / 150g (5oz)

Cheese (preferably low fat)
(Brie, Camembert, Edam for example)



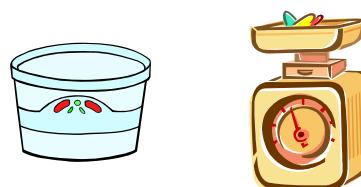
ox size / 40g (1 & a half oz)

Cream cheese – light



2 x small matchbox size / 80g (3oz)

Cottage cheese



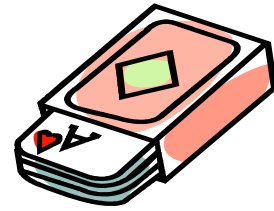
1 x pot / 200g (8oz)

Meat, fish and alternatives (have 2-3 portions per day)

Food

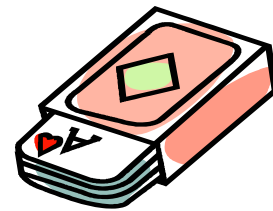
1 x portion =

Lean meat like beef, pork, ham, lamb,
and chicken (without skin)



3 x slices (an amount the size of a pack of playing cards)

Fish, white or oily



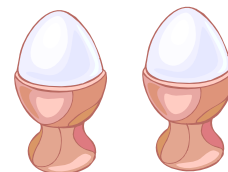
An amount the size of a pack of playing cards

Fish fingers



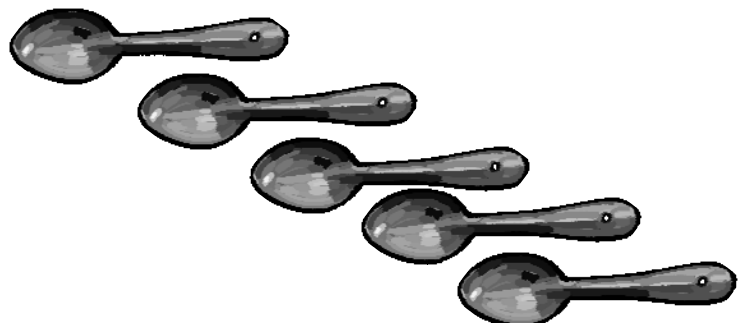
3 x fingers

Eggs



2 x

Baked beans in tomato sauce
(low sugar and salt if possible)



5 x tablespoons