

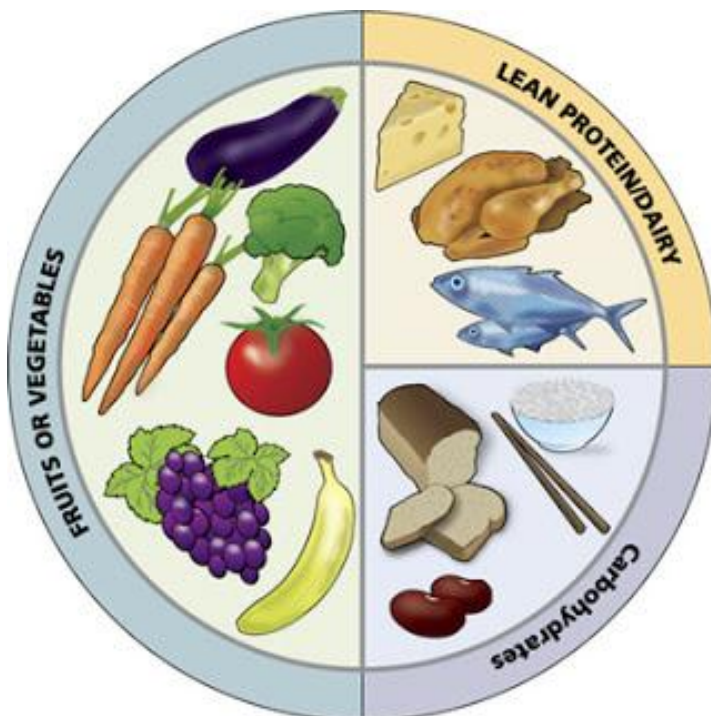
How much food should I put on my plate??

Portion Plate

This is what your plate should look like for your meals:

- Small amount meat or fish or cheese (protein)
- Small amount bread or pasta or rice or potatoes (starchy carbs)
- Lots of vegetables or salad (non or not so starchy carbs)

Proportions



So how much does this look in real life???

It's about:

- One hand of protein
- One hand of starchy carbohydrates
- And two hands of vegetables

Have 2 handfuls of vegetables at lunch and at dinner. If you are on a low potassium diet, use 'Fruit and Vegetable portions on a low Potassium diet' for guidelines.

Have a piece of meat or chicken or fish or eggs the size of your palm or a credit card-size serving of cheese. Have at lunch and at dinner.



Your serving of Potato or Bread or Pasta or Rice should be the size of your fist or 2 small slices of bread. Ensure you are choosing whole grain options.

And oils??



If you use butter or oil or margarine for cooking/dressing or spreading, use only 1 teaspoon (the tip of your thumb) twice a day.

So that's the three meals a day (or equivalent if you split your meals up)

What about fruit??



Your serving of fruit can be the size of your fist. You can have two servings a day. See 'Fruit and Vegetable portions on a low Potassium diet' for guidelines if you are following a low potassium diet.

And then.....what about snacks????



Eat less often and in small amounts

Limit high fat and high sugar foods e.g. crisps, cakes, puddings, sweets and chocolates to an occasional treat e.g. one of these twice weekly. Enjoy your treat without feeling guilty!

Choosing lower salt products-Reading the label

		FAT	SATURATES	SUGARS	SALT
FOOD LABEL DECODER ALL MEASURES AS 100G/ML	LOW HEALTHIER CHOICE	3g or less	1.5g or less	5g or less	0.3g or less
	MEDIUM OK MOST OF THE TIME	3.1g to 17.5g	1.6g to 5g	5.1g to 22.5g	0.31g to 1.5g
	HIGH JUST OCCASIONALLY	More than 17.5g	More than 5g	More than 22.5g	More than 1.5g