

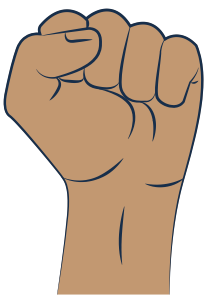


WIGGLY

## Learn - Cook - Share

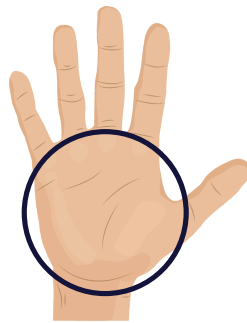
# Handy Portion Sizes

An easy way to know how much to put on your plate



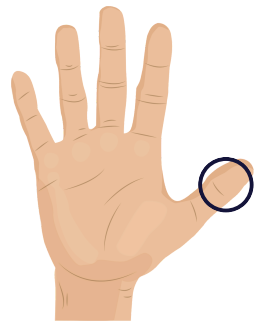
### Carbohydrates:

Potatoes, pasta, rice, oats, cereals.  
The size of your fist



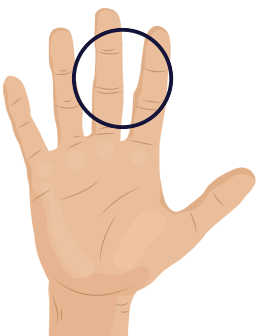
### Red meat or veggie protein: Pork, beef, lamb, tofu, beans

The size of your palm



### Oil, butter and other spreads

The size of the tip of your thumb



### Cheese

The size of your two first fingers.



### Fish or chicken

The size of your whole hand



### Vegetables

Broccoli, carrots, peppers, peas, salad, courgettes... the list is endless!  
The size of your cupped hands