

Portion Sizes

You should eat a variety of food from different food groups to make sure you get all the nutrients you need. And eat a number of portions from each food group every day.

Do you know what a single portion of cheese looks like, or a single portion of chicken?

Knowing what a single portion of food actually looks like can be tricky.

Below is a portion size guide that shows you what single portions of different types of food actually look like, to make serving the right portions easier. **Please note: this is not to scale**

