

Handy Food Portion Guide

Use your hands as an easy way to check what portion size is right for you!



Non-Starchy Vegetables

Two cupped hands equals the portion size for non-starchy vegetables to include in a meal. Eat the rainbow and include foods like capsicum, carrots, broccoli, cauliflower etc.



Carbohydrates

The size of your closed fist equals the portion size for carbohydrates including grains, pasta, legumes and starchy vegetables. If you are combining different carbs in a meal, make sure the total of all combinations equals the size of your fist. Include foods like rice, pasta, lentils, chickpeas, beans, sweet potatoes, potatoes, corn, green bananas, bread.



Poultry or meat

The palm of your hand equals a portion size for poultry and meat, with the thickness of the meat also being the same thickness as your palm. Include lean red meat, chicken or pork.



Fish

The whole of your hand equals a portion size for a fillet of fish.



Snacks

One cupped hand equals a single snack portion size. Include fruit, nuts, popcorn, pretzels etc.



Fats

One thumb equals one portion for nut butters, avocado, hard cheeses etc.

One thumb tip equals 1 teaspoon for oils, butter, mayonaise, sugar.