

Prim and Proper Portions part 2

We recommend an easy trick to measure portions correctly, using your hands as a guide. A healthy meal should ideally consist of the following; a fistful of starch or carbohydrate, a fistful of lean or low-fat protein, two fistfuls of vegetables, salad or fruit and a small portion, about the size of your thumb, of healthy fat.

You can use different parts of your hands to indicate portion sizes. When you use this easy tool to determine portion size, you will have a better idea of how much to eat wherever you are.

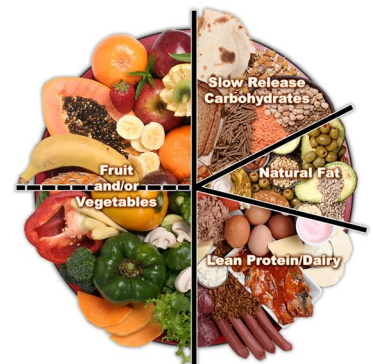
The hand palm size could be used to indicate the portion size of a piece of meat (beef steak, hamburger patty, chicken fillet, pork chop (without the fat), lamb, fish . white or fatty, shell fish). The fist can be used to indicate the serving size of milk, yogurt (plain and fat free). Cheese could be indicated in different ways. Grated cheese should be a cupped hand portion, while a slice of cheese should be your three middle finger size. The size of a hand will indicate the serving size of an egg.


Vegetables should make the majority of the meal so can be indicated by two fists. Fruit will be about a fist size.


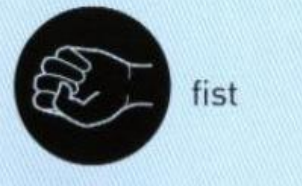

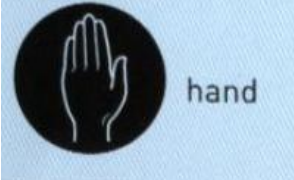
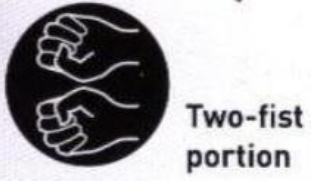
Use the meal structure as mentioned in a previous article i.e.



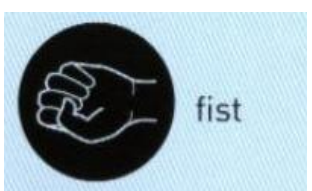










1. Start by filling half of the plate or 2 fistfuls with vegetables and / or fruit.
2. Add one quarter of the plate size or your fistful in the form of high fibre or slow release carbohydrate
3. Add one quarter of the plate size or your fistful as lean protein or dairy.
4. And lastly add a small serving or about a tip of your thumb of healthy fats.



Portion sizes		
Portion size	Food type	Visual size
Meat and poultry		
One handpalm	Beef . steak, fillet, sirloin steak, T-bone, Topside steak	
	Hamburger Pattie	
	Pork . boneless loin chops, tenderloin, cured lean ham	
	Lamb . shoulder, loin chops, kebabs (cut from the leg or shoulder), leg	
	Poultry . boneless, skinless chicken breast and thighs, boneless, skinless turkey breast and thighs	
	Cold meats (113 g) . skinless turkey breast, lean roast beef, pastrami, black forest ham, skinless chicken breast	

Portion sizes		
Portion size	Food type	Visual size
Fish and shellfish		
One handpalm	White fish . cod, hake, haddock, red snapper, sea bass, sea bream, sea trout, tuna, grouper, kingklip, sole ǒ	 <p>palm</p>
	Omega-3 rich fish . Mackerel, salmon, sardines, trout, herring, tuna	
	Shellfish . clams, crab, crayfish, lobster, mussels, octopus, oysters, prawns, scallops, squid/calamari	
Dairy		
240 mℓ	Milk and yogurt . low fat and fat free	240 m glass
One fist	Plain, fat free yogurt (low sugar)	 <p>fist</p>
Three-finger portion	Cheese . reduced fat cheese, and cottage cheese.	 <p>Three-finger portion</p>
Hand-size portion	Egg . omelette, fried egg, poached egg	 <p>hand</p>
Fruit and vegetables		
Two fists	Vegetables . broccoli, cauliflower, tomatoes, carrots, baby marrows, patty pans, lettuce, cucumber, peppers, etc.	 <p>Two-fist portion</p>

Portion sizes		
Portion size	Food type	Visual size
Half fist	Vegetables . sweet potato, corn, peas, potatoes, broad beans	 Half-fist portion
Cupped-hand portion	Potatoes . mashed, baby potatoes, sauteed Fruit - grapes	 cupped hand
One fist	Fruit . strawberries, blueberries, raspberries, apple, pear, peach, etc.	 fist
Quarter fist	Dried fruit . apricots, peaches, figs, sultanas, raisins	 Quarter-fist size portion
Grains		
1 slice bread One hand-size Half fist portion	Bread Pita Baguette, Italian rolls	 palm  Half-fist portion
Grains		
Three quarter fist	Grains . brown rice, white rice, quinoa, bulgar wheat, pearled wheat, barley	 Three-quarter fist portion

Portion sizes		
Portion size	Food type	Visual size
Two cupped hands	Pasta	 cupped hands
Take aways and snacks		
2 hand sized portions	Pizza	 Two-hand portion
Cupped hand portion	Nuts, Pretzels, olives	 cupped hand
Two cupped hands	Popcorn	 cupped hands