

# Portion Sizes



- ▶ Standard plate sizes have got larger over the years which means:
  - We may serve up larger portions of meals to fill our plates
  - If the portions we serve are larger and we usually finish what is on our plate, we may eat more
  - We may not realise we are full before we finish our meal

# Portion Sizes

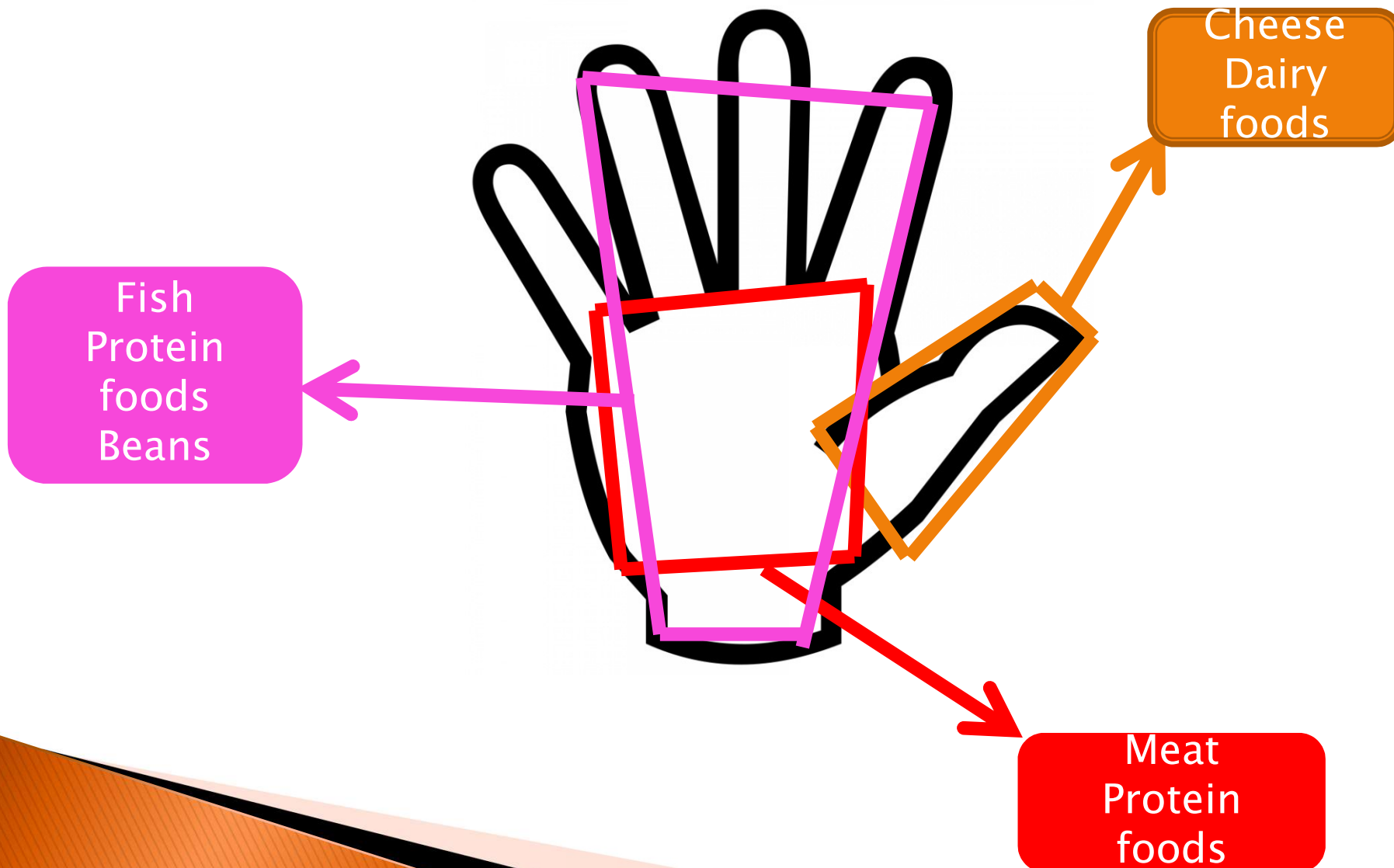


- ▶ Children need different portion sizes to adults
- ▶ The portion size we need changes with our age and size
- ▶ Portion sizes and food choices can affect energy balance
- ▶ We should be mindful and listen to our bodies
  - Are we eating for “physical hunger”?
  - Do we recognise when we feel full?

# Handy Portion Sizes



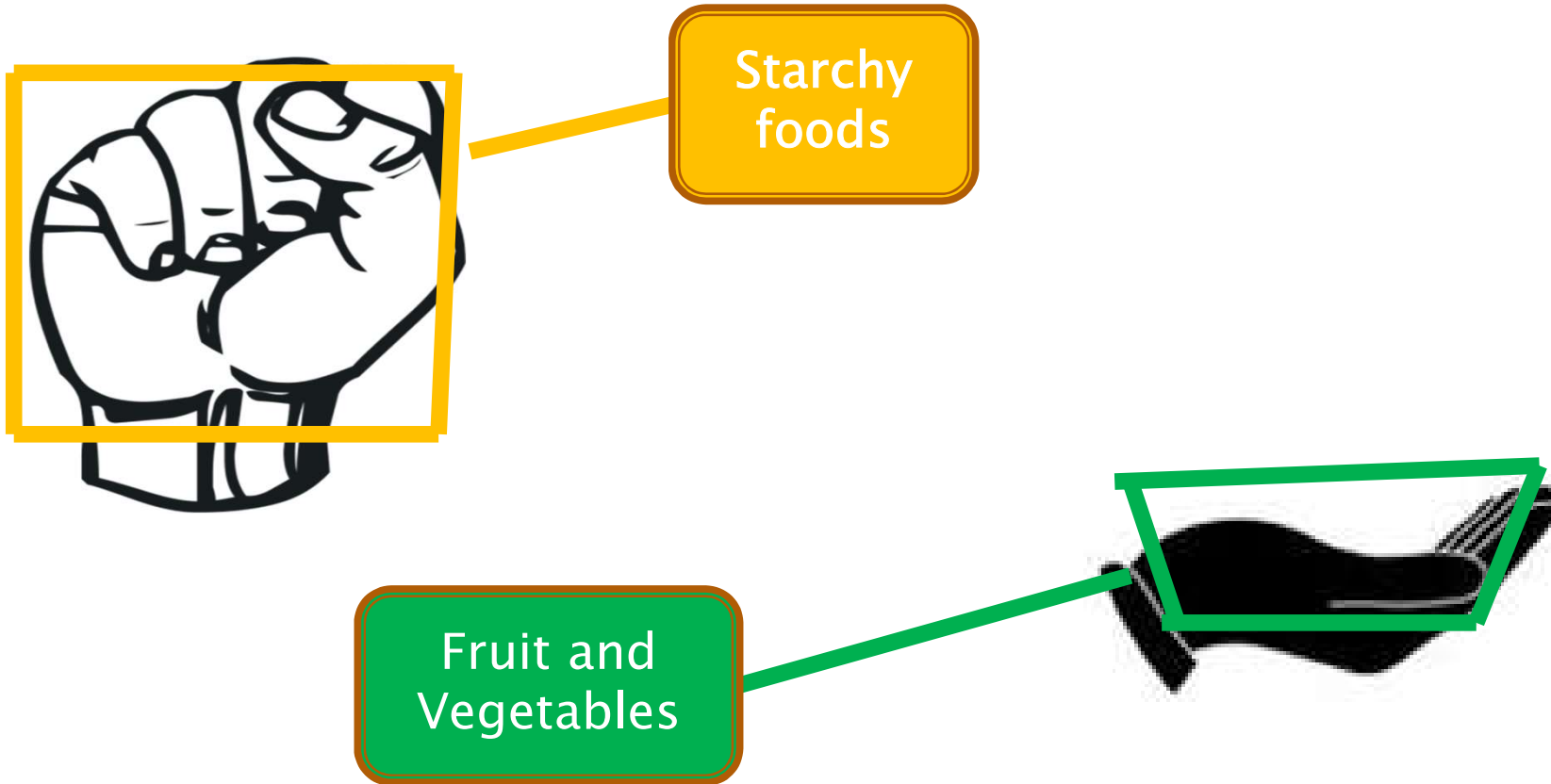
There are no standard guidelines for portion sizes in the UK. A simple way to work out the right portion size is to use our own hand as a guide



# Handy Portion Sizes



Our hand sizes are different depending on our age and size and get larger as we grow, as do the size of portions we need



Teenagers portion size needs are likely to be similar to adults due to higher energy needs from rapid growth and development

# Portion Sizes

- ▶ **Starchy foods:** our clenched fist or 1 medium slice of bread
- ▶ **Fruit and veg:** 1x cupped handful fruit, 2x cupped handfuls of veg/ salad, 30g dried fruit or 150ml fruit juice
- ▶ **Dairy and cheese:** our thumb size or 200ml milk
- ▶ **Protein foods:** the palm of our hand
- ▶ **Oils and spreads:** the tip of our thumb

Remember, our hands are all different sizes  
and so are our portion size needs



# Match the age group to the soup portions



Adult, or  
teenager aged  
12–18

5–11 year old

1–4 year old

7–12 month  
old



# Match the age group to the soup portions



Adult, or teenager aged  
12-18



7-12 month old



1-4 year old



5-11 year old

# Match the age group to the baked potato and tuna portions



Adult, or  
teenager aged  
12-18

5-11 year old

1-4 year old

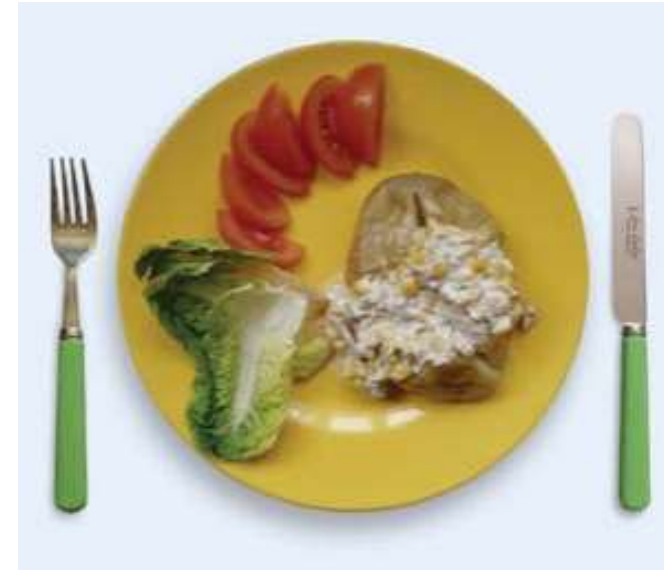
7-12 month  
old



# Match the age group to the baked potato and tuna portions



1-4 year old



Adult, or teenager aged  
12-18



5-11 year old



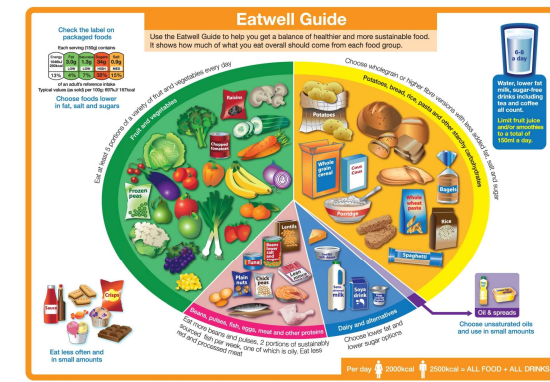
7-12 month old

# Top Tips



- ▶ **Start meals with small servings**, let children ask for more if they are still hungry
- ▶ **Be aware that pre-packed meals are usually sold as adult portions**, children may not need the full serving
- ▶ **Use smaller plates and bowls for children** to help with portion control
- ▶ **Avoid making children finish everything on their plate** or eat more than they want to
- ▶ **Encourage children to eat slowly and have set mealtimes**
- ▶ **Thirst can be confused with hunger.** Try drinking a glass of water instead of eating an extra snack close to a main meal time

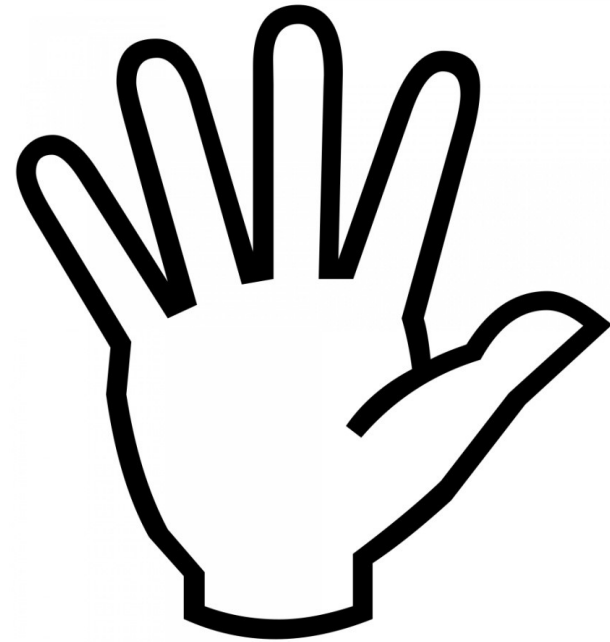
- ▶ **Base meals on the EatWell Guide**



# Portion Sizes

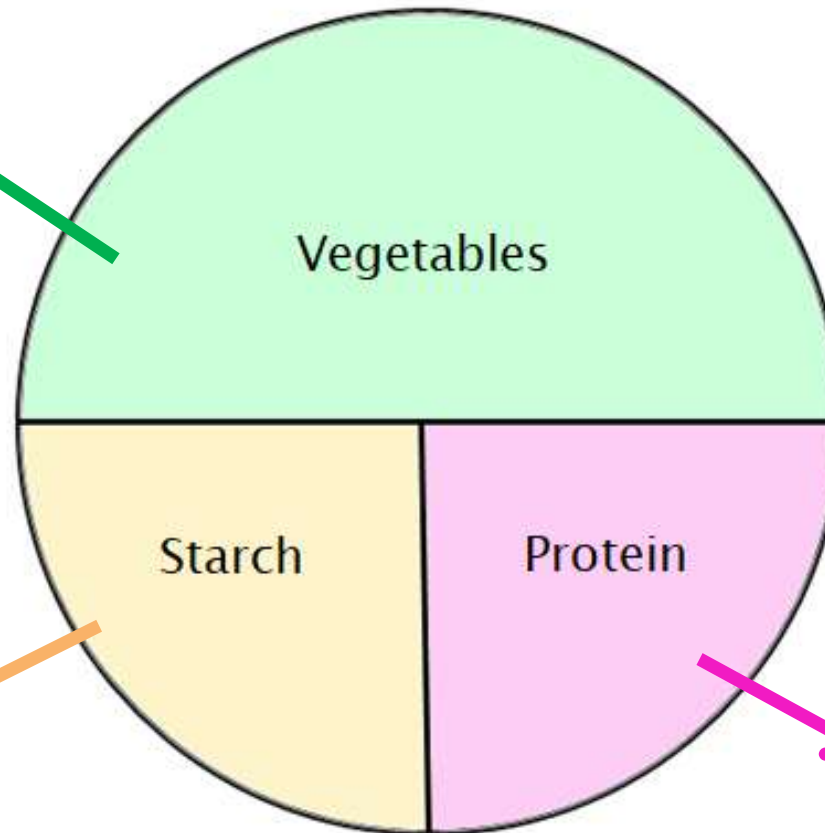


- ▶ Compare your hand size with other members of your family. What do you notice?
- ▶ Think about what this means in terms of your portion size needs



# Balancing a meal

**Vegetables & salad**  
2x cupped handfuls  
Fill  $\frac{1}{2}$  of our plate



**Fat Source**  
E.g. oils, cheese, butter  
Tip of thumb sized portion  
Choose healthy fats  
Minimise added oil, butter, cheese, mayonnaise

**Starchy foods**  
E.g. Bread, pasta, rice, potatoes, cereal  
Fist sized portion  
Fits into  $\frac{1}{4}$  of a plate

**Protein / dairy foods**  
E.g. Meat, fish, eggs, milk, yoghurt  
Palm sized portion  
Fits into  $\frac{1}{4}$  of a plate



# Balancing a meal



- ▶ What changes could we make to these meals so that they are more balanced?



Chicken fajitas



Pasta bake



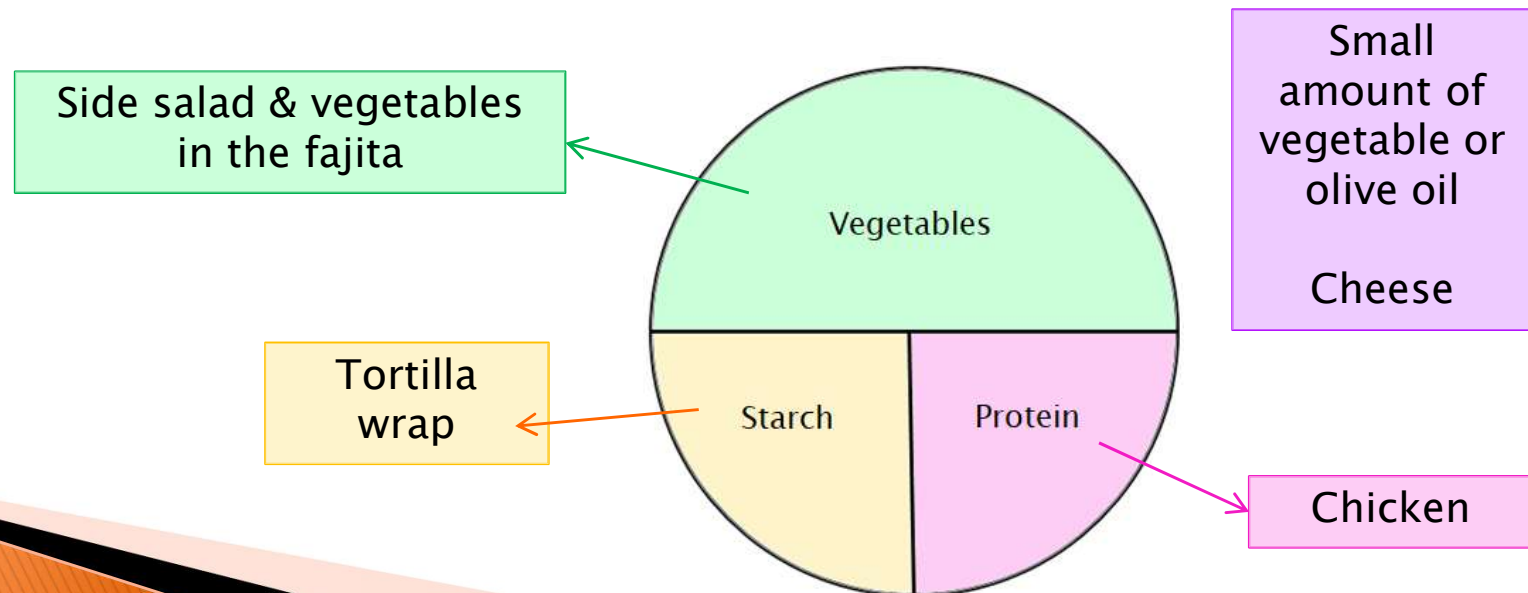
Curry





## Chicken fajitas

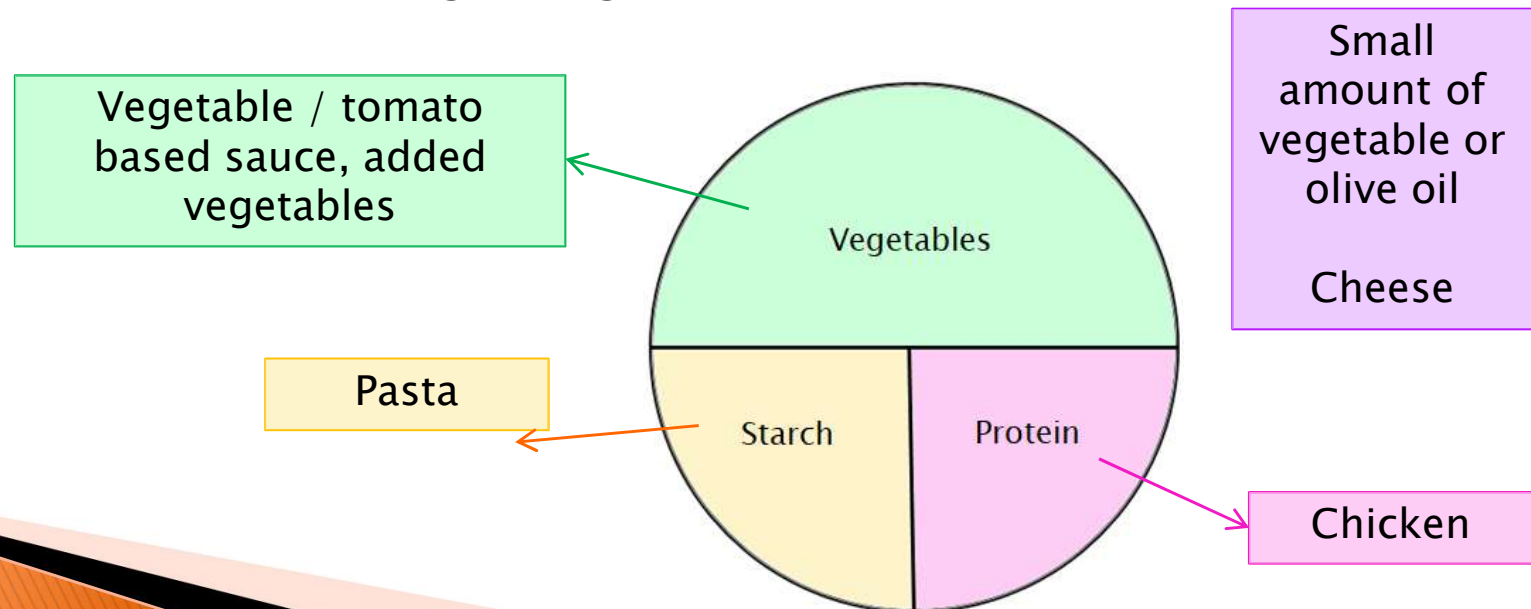
- ▶ Grill chicken or fry in a small amount of olive or vegetable oil
- ▶ Use herbs, spices & strong tasting foods to flavour instead of salt e.g. Cumin, paprika, garlic, lime juice
- ▶ Add vegetables to chicken mix e.g. peppers, onion, mushrooms, tomatoes
- ▶ Use wholemeal tortilla wraps
- ▶ Serve with a salad instead of chips or rice e.g. Lettuce or homemade tomato, onion, coriander and lime juice salsa
- ▶ Use a small amount of thick, low fat natural yoghurt in place of sour cream
- ▶ Avoid adding grated cheese, or use small thumb sized amount





## Pasta bake

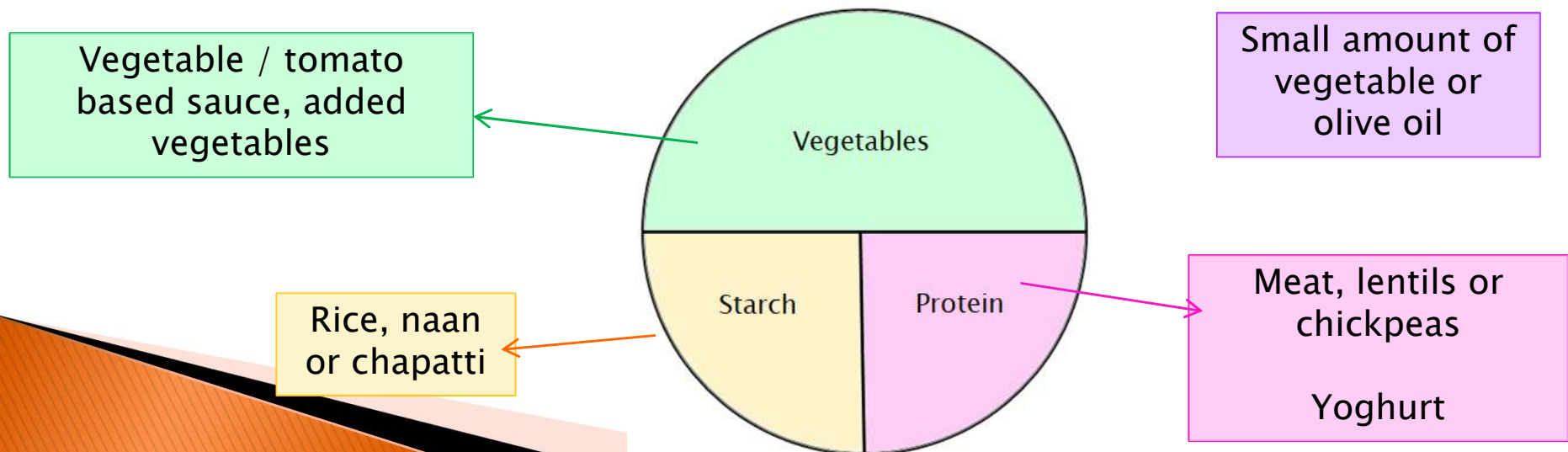
- ▶ Use vegetable or tomato based sauces instead of creamy sauces
- ▶ Bulk out with vegetables e.g. Broccoli, peppers, mushrooms, onion, carrots, tomatoes, spinach, courgette
- ▶ If frying chicken or vegetables, use a small amount of olive or vegetable oil
- ▶ Use herbs, spices & strong tasting foods to flavour instead of salt e.g. Basil, oregano, mixed herbs, garlic
- ▶ Use brown pasta if possible and avoid salting the water to cook. A small amount of olive or vegetable oil can stop the pasta sticking while it cooks
- ▶ Try to use a small amount of cheese
- ▶ Avoid serving with garlic bread or chips





## Curry

- ▶ Add vegetables e.g. Peppers, onions, mushrooms, tomatoes
- ▶ If using red meat use a lean cut, trimming off fat
- ▶ If frying meat or vegetables, use a small amount of vegetable or olive oil or grill or bake instead
- ▶ Consider using lentils or chickpeas in place of (or in addition to) meat. These count towards one portion of our 5-a day
- ▶ Use vegetable and tomato based sauces where possible and replace cream with low fat natural yoghurt
- ▶ Serve with either rice, or naan or chapatti and choose wholemeal where possible. Consider adding peas to rice for extra vegetables
- ▶ Flavour with herbs and spices rather than salt e.g. Curry powder, cumin, turmeric, garam masala



# Mindful Eating & recognising true hunger



- ▶ What is mindful eating?
  - An approach which focuses on being fully present while we eat
  - Can help us to become more aware of physical hunger and when we feel full
  
- ▶ How can I eat more mindfully?
  - Slow down when eating, chew food well and take time to pause and put down cutlery between each mouthful
    - Eating slowly can help us to recognise when we feel full
  
  - Avoid distractions such as the T.V., phones, laptops etc.
    - Sitting at the table with our families can be a great opportunity to catch up and discuss our day

# How can I eat more mindfully?



- ▶ Listen to your body
  - Practice learning to recognise when we feel hungry and what this feels like in our body
  - We should feel comfortably full after a meal
  - Avoid periods of extreme hunger or extreme fullness and stick to regular meal times
- ▶ Recognise when we eat for reasons other than physical hunger e.g. Emotional hunger, boredom
- ▶ Eat food for fuel and for nourishment
  - Choose nutritious foods which are satisfying to you, give you energy and nourish your body
- ▶ Avoid labelling foods as “good” or “bad”, focus on achieving a variety of different foods that are enjoyable and provide nourishment

Enjoy every mouthful 😊