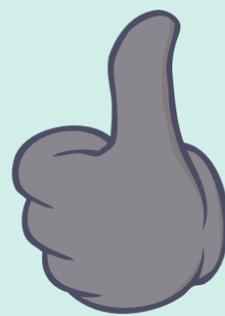


# WHAT CONSTITUTES A PORTION



## PROTEIN

Include a protein with your meal about the size and thickness of your hand. If vegetarian double up on a closed fist of vegetable protein.



## NUTS & NUT BUTTERS

One thumb size of natural nut butter or two thumbs of raw nuts.



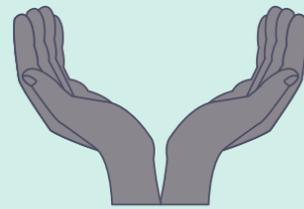
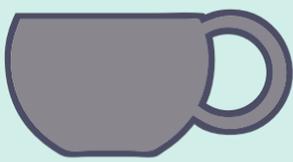
## BUTTER & OILS

Enjoy butter or good quality oil with your meals. Your finger from your knuckle to tip is about how much you need.



## SLOW DIGESTING CARBS

Enjoy a closed fist size of slow digesting carbs like quinoa, sweet potato or lentils.



## FRUIT & VEGETABLES

A portion means 80g (3oz) of fruit or veg – the equivalent of a small banana, a pear or three heaped tablespoons of spinach or peas.  
A very rough way to think of this is – most veg and whole fruit portions would be about the size of your closed fist. For smaller fruits like berries about the amount you can hold in your two cupped hands.  
And for looser greens like salad and raw spinach, a good amount that would fill your two open hands.  
1 PORTION = 1 CUP