

The no cheat portion controller!

An absolutely fabulous guide

This guide gives you an approximate idea of how big your meal portions should be.

Print it on to card, cut the guides out, and USE them!

TOP TIP!

Eat slowly, chew lots and put your knife and fork down between each mouthful!



Happy eating!

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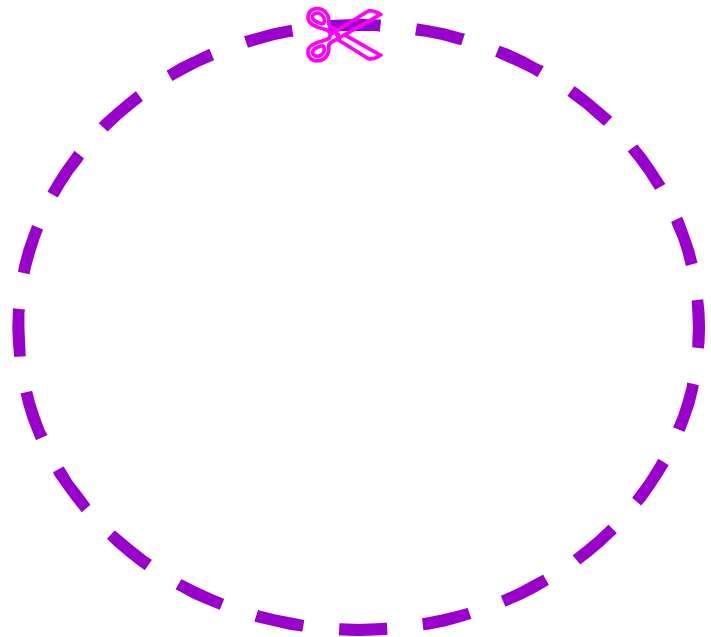
How big is your portion darling?



Meat
Fish
Protein

The height of your portion should be no more than 2cm high!!!!
(this is 2cm)

Potatoes
Pasta
Rice
Cous cous
Other grains
 $1\frac{1}{2}$ x portion for veg



Hard cheese (only 1cm high!)

