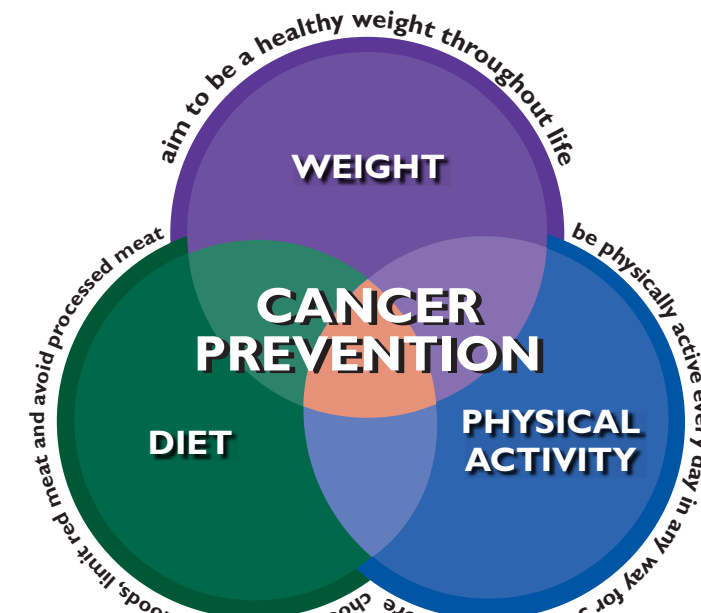


What does a healthy portion look like?

WCRF UK Guidelines for Cancer Prevention

As well as eating five portions of vegetables and fruits every day, it's important we eat a range of different foods. Choosing to base our meals on plant foods and sticking to healthy portion sizes can help prevent weight gain and therefore reduce our risk of cancer.

These are approximate portion sizes for an adult.



And, always remember — do not smoke or chew tobacco

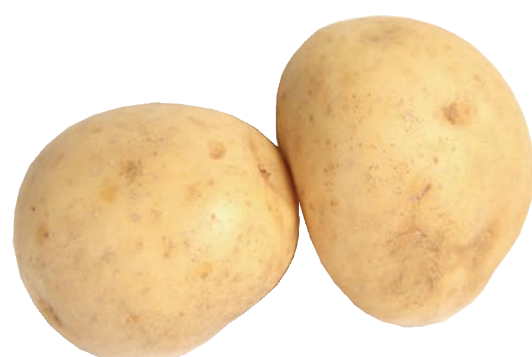
Starchy foods Choose wholegrain varieties and include at least 2 portions as part of each main meal.

Rice



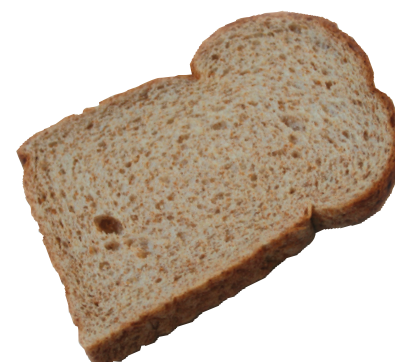
2-3 heaped tablespoons
e.g. cooked brown rice

Potatoes



2 medium-sized, boiled

Bread



40g of bread
e.g. 1 medium wholemeal slice

Breakfast cereal



40g of cereal
e.g. 4 tablespoons of muesli

Dairy Eat 2-3 portions a day.

Cheese



30g: the size of a small matchbox
Choose reduced-fat options

Yoghurt and fromage frais



150ml: 1 small pot
Choose low-fat options

Milk



200-300ml: ½ pint or 1 glass
Choose semi-skimmed or skimmed

Meat and alternatives Include 2-3 portions a day. Eat more pulses, choose lean meat, limit red meat to 500g/week (cooked weight) and avoid processed meat.

Meat, poultry and oily fish



80g (cooked weight):
the size of a pack of cards

White fish



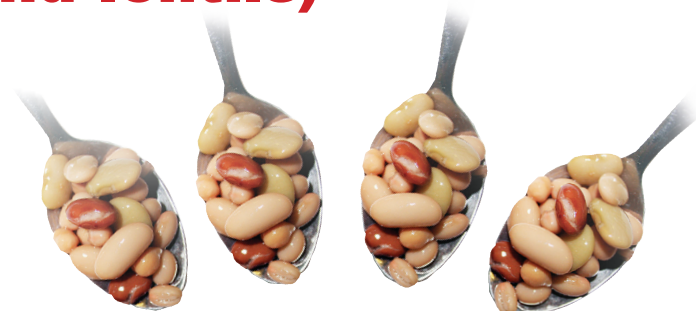
150g (cooked weight):
the size of a cheque book

Soya, tofu and quorn



120g: half a cup

Pulses (peas, beans and lentils)



3-4 heaped tablespoons
e.g. cooked mixed beans

Eggs



2 eggs

Fatty and sugary foods

e.g. crisps, chips, sweets, cakes, biscuits, pastries. Limit your intake and try to avoid highly processed foods. Opt for healthier fats such as olive or rapeseed oil.

