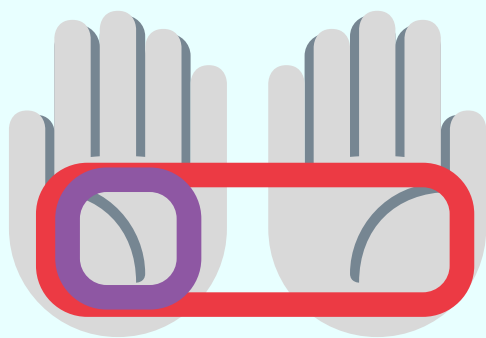


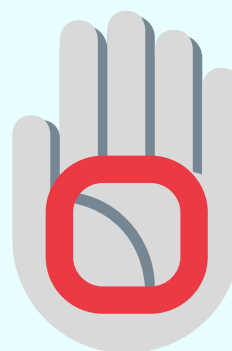
## Handy portion guide



**Fruit and vegetables**

**Women: 5+ portions**

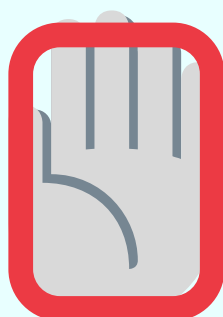
**Men: 5+ portions**



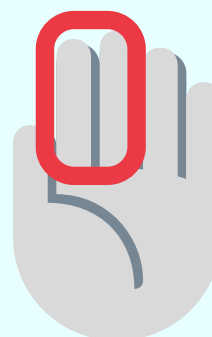
**Beans, pulses, fish, eggs, meat  
and other proteins**

**Women: 2 portions**

**Men: 3 portions**



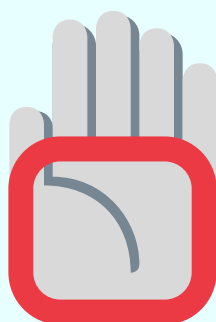
**Chicken or fish**



**Cheese or dairy**

**Women: 3 portion**

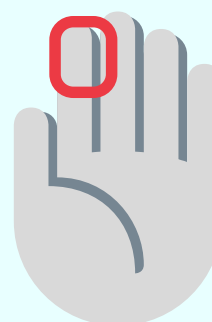
**Men: 3 portions**



**Potatoes, bread, rice, pasta, and  
other starchy carbohydrates**

**Women: 7 portions**

**Men: 8 portions**



**Oil, butter and spreads**

**Women: 1 portion**

**Men: 2 portions**