

My handy guide to dairy portions –



A visual guide to help you estimate and control portions size!

Description

What it looks like

Handy guide

**200ml Milk
(third pint)**



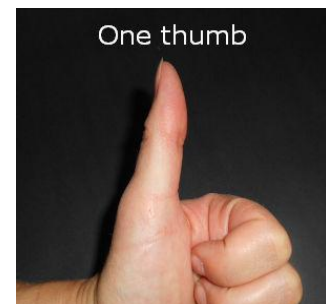
**30g hard cheese
(match box)**



**One yoghurt pot
(120g)**



**Cream cheese
(30g)
(dessert spoon)**



**Cheese Slices
(1½)**

