

My handy guide to fat and oil portions –

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

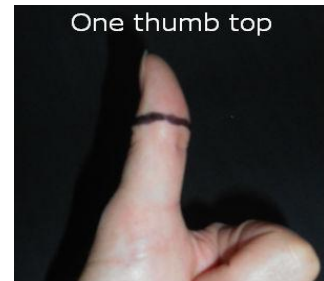


Description

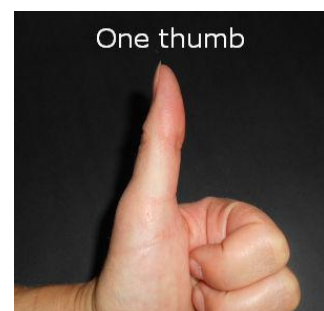
What it looks like

Handy guide

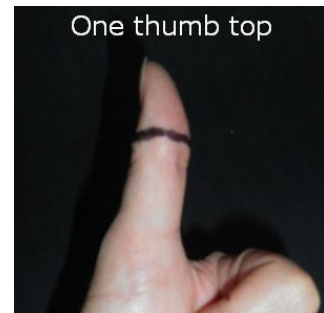
One portion of
margarine or
butter (5g)



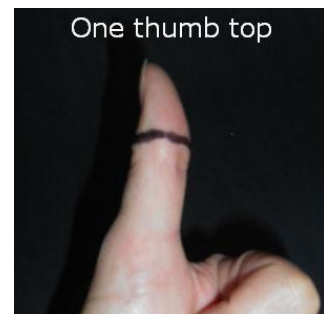
One portion low
fat spread
(10g)



Portion of salad
dressing
(5g)



One portion
mayonnaise
(5g)



One portion oil
(5g)

