

# My handy guide to fruit and veg portions –

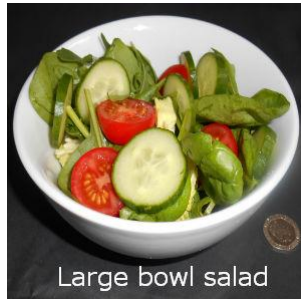
*A visual guide to help you estimate and control portions size!*

## *Description*

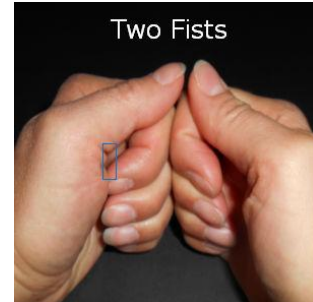
## *What it looks like*

## *Handy guide*

**Bowl salad**

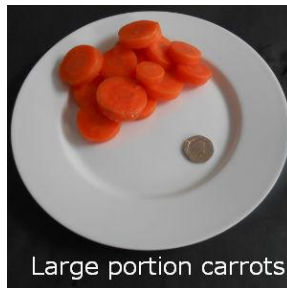


Large bowl salad



Two Fists

**Large portion  
carrots  
(85g)**



Large portion carrots



One fist full

**Large portion  
broccoli  
(100g)**

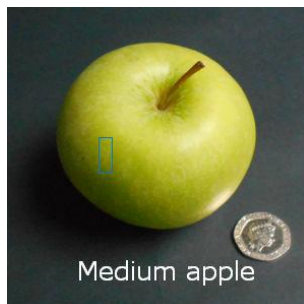


Large portion broccoli



One fist full

**One whole fruit  
(100g)**



Medium apple



One cupped  
hand

**Portion small  
fruits  
(70g)**



One portion small fruits



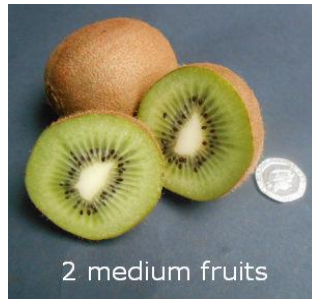
One cupped  
hand

## Description

## What it looks like

## Handy guide

Portion medium  
fruits  
(70g)



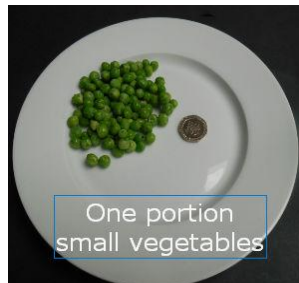
Small glass fruit  
juice  
(150ml)



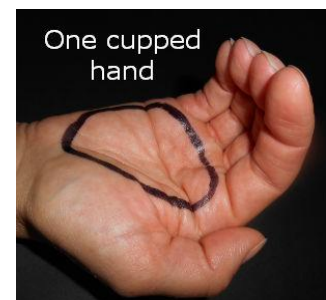
One portion  
whole fruit  
(100g)



One portion  
whole fruit  
(100g)



Portion small  
fruits  
(70g)



Portion dried  
fruit  
(40g)

