

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

Description

What it looks like

Handy guide

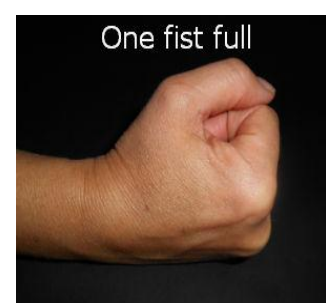
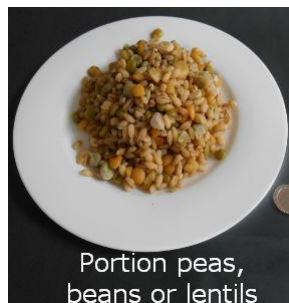
**Red meat and
chicken
(deck cards)
(90g)**



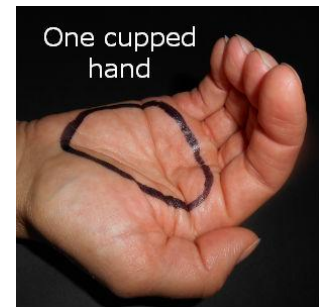
**Fish
(120g)**



**Peas, beans and
lentils
(120g)**



**2 Eggs
(medium)**



**Nuts
2 dessert spoons**

