|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Diagram** | **Size** | **Food Stuff** | **Kcals** |   **Portions** |
| fist.jpg | **Fist**1 cup, 150g,6 oz | Rice, PastaFruitVeggie | 2007540 | ***NO MORE THAN***2-3 per day2-3 per day5+ per day |
| palm.jpg | **Palm**85g3 oz | Meat,FishPoultry | 160160160 | 1-2 per day1-2 per day1-2 per day |
| handful.jpg | Handful25gs1 oz | Nutsraisins | 17085 | 1-2 per day1-2 per day |
| 2 haandfulls.jpg | 2 Handfuls50g2oz | CrispsPopcornpretzels | 150150150 | < 1 per week<1 per week<1 per week |
| thumb.jpg | Thumb30g1oz | Hard CheesePeanut butter | 100170 | 1 per day 1 per day |
| thumb tip.jpg | Thumb tip1 teaspoon15ml | Olive oilMayonnaise, Buttersugar | 40353515 | 1 per day1 per day1 per day1 per day |

Devised by Annie Edmunds from First taste Nutrition

Handy Hand Guide