



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



ANNEXURE II

PORTION CONTROL GUIDE

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Clenched fist = 1 cup: Cooked pap, rice, samp, pasta, potato, fruit

Size of palm:
Meat
Fish
Chicken
Dry beans, split-peas
lentils

Handful:
Nuts
Raisins

2 Handfuls:
Vegetables

Thumb:
Peanut butter
Hard cheese

Tip of thumb = 1 teaspoon:
All oils, mayonnaise, margarine

Choose your portion with caution!!

Use your hand to estimate portion size