

Use this guide to calculate what **1 portion** of a certain food group is.

For example. 1 portion of carbohydrate = 1 slice of bread.

Carbohydrate

Bread (wholewheat): 1 slice

Bread Roll (wholewheat): ½ roll

Pita Bread: ½

Provita: 3 biscuits

Weetbix: 1

All Bran Flakes: ½ cup

Special K: ½ cup

Oats: ½ cup

Mielie meal: ½ cup

Pasta (cooked): ½ cup

Rice: ½ cup

Popcorn (popped): 3 cups

Potato (medium, 100g): 1

Peas: ½ cup

Mealies: 1 cob

Mixed veg: ½ cup

Pumpkin, butternut, gamsquash: 1 cup

Sweet potato: ¼ cup

Beans, peas, lentils (cooked): 1/3 cup

Sugar: 1 teaspoon

Protein

30g is roughly the size of 1 matchbox.

Chicken (without skin): 30g

Fish: 30g

Egg: 1

Egg whites: 3

Cheese: 30g

Cottage cheese (low fat, fat free): 2 tablespoons

Hummus: 1 tablespoon

Tuna in brine: ¼ cup

Pilchards in tomato sauce: ½ cup

Peanut butter*: 1 Tablespoon

- can be swapped as a fat portion

Milk:

Skim milk: 1 cup: 250ml

Low Fat Yoghurt: 125ml

Fat:

Avocado: 30g

Margarine (soft): 1 teaspoon

Low fat mayonnaise: 2 tablespoon

Oil: 1 teaspoon

Bacon: 1 rasher

Olives: 10 small / 5 big

Nuts:

Almonds: 6 whole

Cashews: 1 Tablespoon

Pecans: 2 whole

Peanuts: 20 small / 10 large

Peanutbutter: 1 Tablespoon (may be used as a protein portion)

Seeds: 1 Tablespoon

Cream: 1 Tablespoon

Vegetables

1 cup raw or 1/2 cup cooked:

Asparagus
Beetroot (1/2 cup raw)
Brinjal
Broccoli
Brussel Sprouts
Cabbage
Carrots
Cauliflower
Mushrooms
Red cabbage
Onion (1/2 cup raw)

Free veggies (you can eat as many as you want):

Celery, cucumber, lettuce, peppers, tomato, herbs.

Fruit:

Apple: 1 medium (tennis ball size)
Dried: 5 rings
Banana: 1 small
Figs: 2 medium
Fruit juice (unsweetened): 1/2 cup
Granadilla: 2
Grapefruit: 2 medium
Guavas: 2 medium
Kiwi: 1 medium
Mango: 1/2 small
Melon: 1 cup
Naartjies: 2 small
Nectarine: 1 medium
Orange: 1 medium
Paw Paw: 2/3 cup
Peach: 1 medium
Pear: 1 medium
Pineapple: 3 rings
Prunes: 2
Raisins: 1 Tablespoon
Strawberries: 1 1/4 cup