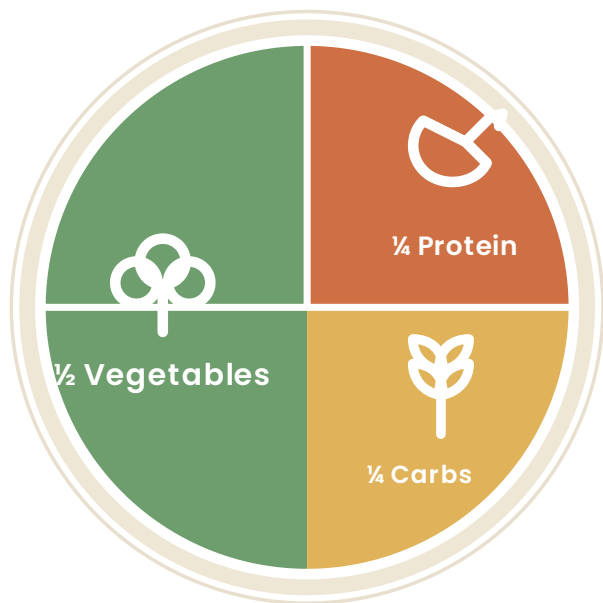


MACRONUTRIENTS & PORTIONS

Portion control, on a plate

No weighing, no calculator. Build most meals to this simple template, then use your own hand to judge portions wherever you are — at home, out for dinner or on the go.



Aim for this balance at lunch & dinner

Use your hand as a guide

Your hand scales with your body, so it's a portion size that's right for you.



Protein — 1 palm

Meat, fish, tofu or eggs. Have a palm-sized portion at every meal.



Vegetables — 1-2 fists

Fill half the plate. The more colour and variety, the better.



Carbs — 1 cupped hand

Wholegrains, potatoes or rice. Adjust up or down to your goal.



Fats — 1 thumb

Olive oil, nut butter, cheese. A little goes a long way.

The over-40s tweak

As muscle becomes harder to hold on to, **nudge the protein quarter up** and let the carb quarter flex to your activity that day. Keep the vegetable half non-negotiable — it's your fibre, volume and micronutrients in one.

● On the side

A glass of water with meals and a small pot of fruit or plain yoghurt for calcium.

● Eat protein first

Starting with protein and veg helps you feel satisfied and steadies blood sugar.

● Slow down

Give fullness signals ~20 minutes to arrive before deciding on seconds.