



NATIONAL NUTRITION MONTH

Rashtriya Poshan Maah

#PoshanMaah2021
1-30 September 2021

Converging towards a healthy walk through life



What is Portion Guidance?

A PORTION IS THE AMOUNT OF FOOD THAT YOU CHOOSE TO EAT FOR A MEAL OR SNACK IN ONE SITTING/GO.

IT IS DIFFERENT

from serving/serve size

A serving is a measured amount of food or drink, such as one slice of bread or one cup of milk, that is generally served/available.

Importance of knowing Portion Size

Understanding and consuming ALL FOOD GROUPS in the RIGHT PORTIONS is critical to maintain a 'Balanced Diet'

1

Helps maintain a healthy weight and eventually a healthy lifestyle.

2

Helps to avoid both "under" and "over" consumption of foods

3

It helps in better digestion of food & Obtain right amount of nutrients

National Institute of Nutrition (NIN) has recommended portions of various food groups- gender, age & lifestyle wise

as also shared previously under "Balanced Diet" communication

It can be hard to measure out every portion of food you eat

Yet there are simple ways to estimate the appropriate portions of the various food groups as a ready reference.

USING YOUR HAND AS A GUIDE TO ESTIMATE PORTION SIZES



Clenched fist: 1 Cup
Useful for estimating:
Rice, poha, oats, dals, fruits



Size of palm
Useful for estimating:
Meat, Chicken, Fish, Curd



One handful
Useful for estimating:
Nuts, Dry fruits



Two handfuls
Useful for estimating:
Vegetables like spinach, cabbage, ladyfinger etc.



Thumb
Useful for estimating:
Butter, Cheese, Ghee, Peanut butter



Tip of Thumb = 1 teaspoon
Useful for estimating:
All oils, mayonnaise, margarine.

* Source: Adapted from Anesh et al., BMC Nephrology, 2016