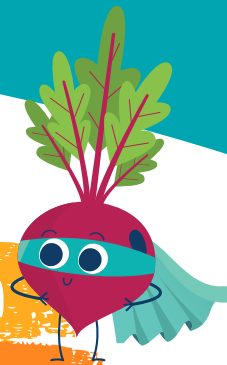


A handy portion size guide



Here is an easy guide to help you measure your portion sizes by just using your hands.
Adapted from the British Heart Foundation's portion size guide.

