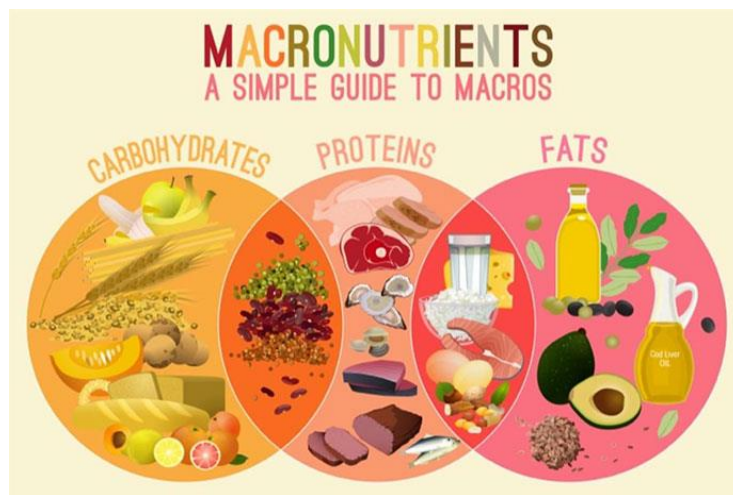


### **GUIDELINES FOR PORTION CONTROL**

Portion control means choosing healthy amount of a certain food. Portion control helps you get the benefit of the nutrients in the food without over eating

In portion control portion is how much food you choose to eat at one time whether in a restaurant, from a package or in your own kitchen. A portion is 100% under our control. Many foods that come as a single portion actually contain multiple servings. Serving size is the amount of food listed on a product nutrition facts label

In this app we suggest some portions from each food group daily. For easy understating food can be divided into some groups



- ❖ Carbohydrates
- ❖ Proteins
- ❖ Fats
- ❖ Fruits
- ❖ Vegetables
- ❖ Dairy

We suggest daily diet for healthy body

#### **Male**

Carbohydrates	7 to 8 portions
Proteins	3 portions
Fruits	2 to 3 potions
Vegetable	As desire
Fats	2 portions
Dairy	3 portions

**Female**

Carbohydrates	4 to 6 portions
Proteins	2 to 3 portions
Fruits	2 to 3 portion
Vegetable	As desire
Fats	2 portions
Dairy	3 portions



One sample portions distribution is shown in above tables. We must evenly distribute the above mentioned portions in three main meals ( breakfast, lunch and dinner) and one or two snacks daily keeping in mind to not take more than 2 portion of any food group in one meal.