

Eat the RAINBOW!



Portion sizes

- 1 portion of salad, cabbage, other leafy plants (spinach, arugula/rocket, endives, etc), where we eat the leaves: 1 cup raw, 1/2 cup cooked
- 1 portion other vegetables: 1 cup after chopping it up
- 1 portion of bell pepper: 1/2 of a big pepper
- 1 portion of broccoli, cauliflower: 7-8 florets
- 1 portion of carrot, parsnip: 1 medium sized or 6 baby carrot
- 1 portion of zucchini, yellow zucchini: 1/2 of a medium sized
- 1 portion of potato, sweet potato, beet: 1/2 of a medium sized
- 1 portion of plantain: 1/2 of a medium sized
- 1 portion of avocado: 1/2 of a medium sized
- 1 portion of fruit: mostly it equals 1 cup
- 1 portion of banana: 1 small sized
- 1 portion of kiwi: 1 medium sized

- 1 portion of meat, poultry, fish: 1 palm sized (please consider your own palm's size)
- 1 portion of bean, lentil, pea when cooked: 1/2 cup
- 1 portion of rice, quinoa, gluten free oats when cooked: 1/2 cup
- 1 portion of fat, like coconut oil, olive oil: 1 thumb sized (please consider your own thumb size)

There are foods, from which you can eat a bigger portion or more cups. These are the salads, leafy vegetables, zucchini, endives, cabbage, broccoli, cauliflower, tomato.

There are foods, where the quantity depends on the person's genetics, activity level, etc. These are the rice, oats, potato, sweet potato, beet, carrot, parsnip, fruits. For many people it's best to limit them to daily 1-2 portions.

1 cup is approx 240 ml.