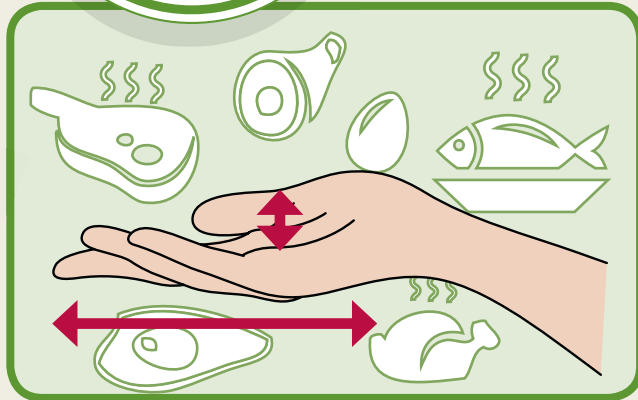
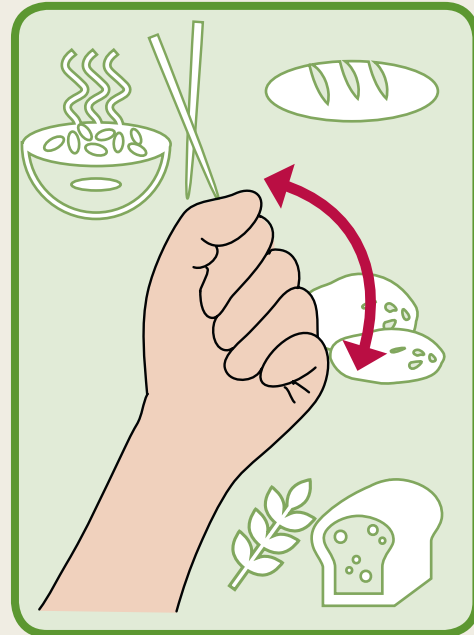




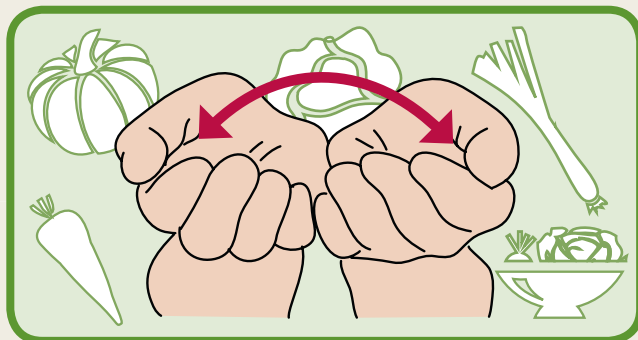
# Ideal quantities per meal



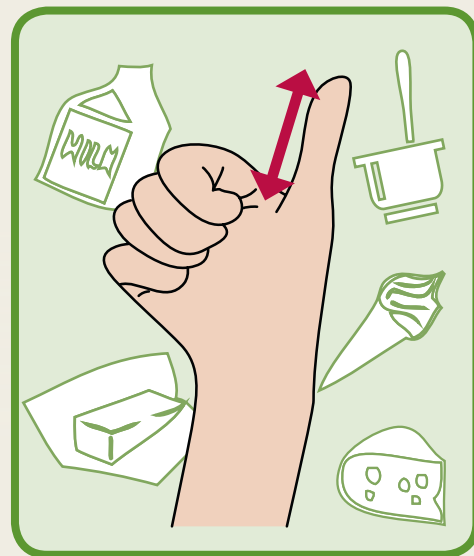
**QUANTITY OF PROTEINS** (meat, eggs, fish)  
**RECOMMENDED PER MEAL**  
 = SIZE OF 1 HAND, 1 CM DEEP



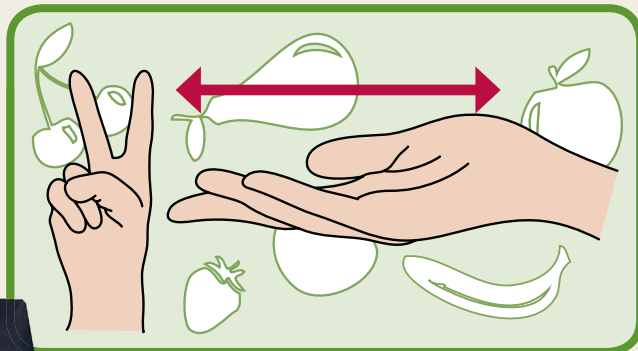
**QUANTITY OF STARCH**  
 (rice, potatoes, bread, etc.)  
**MEAL = SIZE OF 1 FIST**



**QUANTITY OF VEGETABLES**  
**MEAL = 2 CUPPED HANDS**



**QUANTITY OF UNCOOKED FATS**  
**MEAL = SIZE OF 1 THUMB**



**QUANTITY OF FRUIT/DAY**  
 = 2X THE AMOUNT THAT CAN BE HELD IN 1 HAND



more info at: [www.foodprogram.be](http://www.foodprogram.be)



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