

Portion Size Chart

PORTION SIZE CHART

Name: _____ Date of Birth: _____ dd / mm / yyyy

Sex

☐ Male ☐ Female

Height: _____ Weight: _____

Activity Level: _____

Special Dietary Requirements

Food Group

Food Group

Food Group

Food Group

Food Group

Food Group

Food Group

Food Group

Food Group

Food Group

Food Group

Note: Serving sizes may vary based on individual dietary needs and goals. Adjust portions accordingly.