

PLATING IT UP: THE PORTION GUIDE

When planning, preparing or ordering a healthy meal, it is important to think about portion size. This includes serving sizes of:

- ✓ **Lower GI carbohydrate:** e.g. pasta, rice, bread, sweet potato, corn, lentils and legumes.
- ✓ **Lean protein:** e.g. fish, seafood, tofu, egg, skinless chicken, lean meat.
- ✓ **Cooked or salad vegetables:** e.g. carrot, broccoli, eggplant, spinach, cucumber, capsicum.
- ✓ Check your ingredient list, chopping board and finally your plate to reflect this balance.
- ✓ You may like to keep your favourite recipe the same. If so, serve a smaller amount and add a side salad or extra cooked vegetables to balance your plate.
- ✓ When eating out, consider ordering an entree size meal and a side dish of vegetables or salad.

PLATE GUIDE

Fill half your plate with vegetables or salad, followed by lean protein and then lower-GI carbohydrate.

Low-GI carbohydrate
($\frac{1}{4}$ plate)

Portion = Fist size

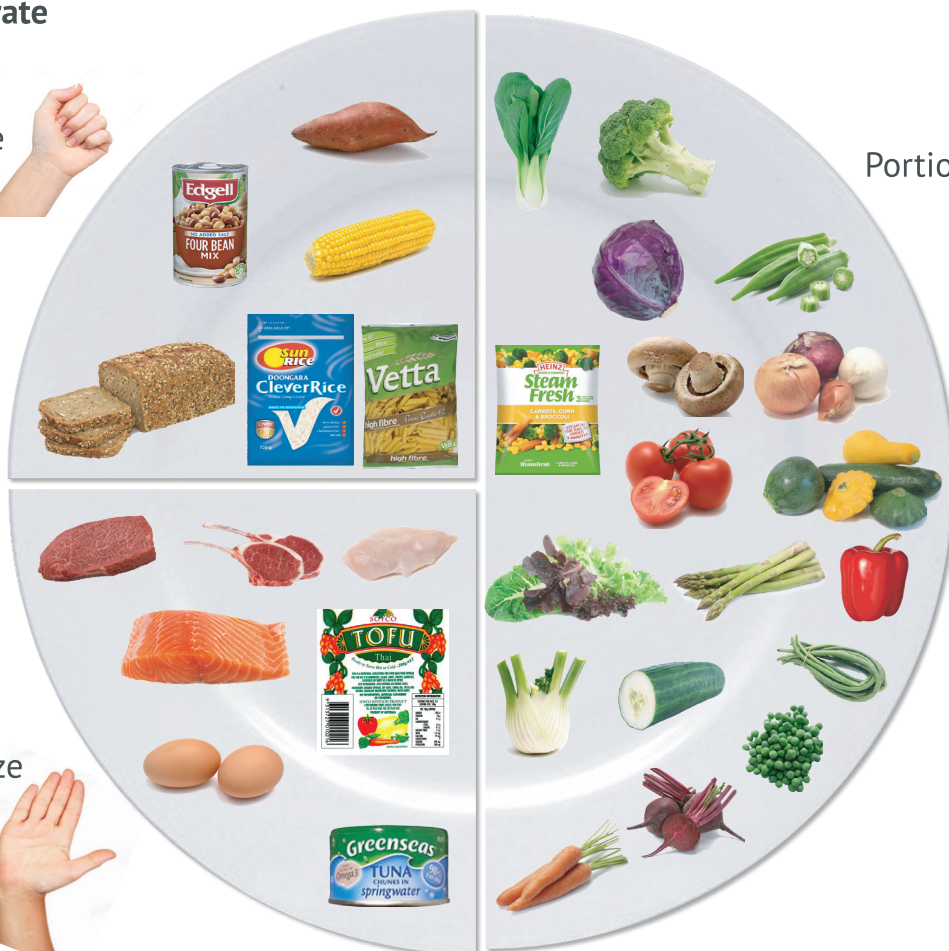


Healthy fat
Extra virgin
olive oil,
avocado



Lean protein
($\frac{1}{4}$ plate)

Portion = Palm size



Vegetables
($\frac{1}{2}$ plate)

Portion = 2 open hands



Water

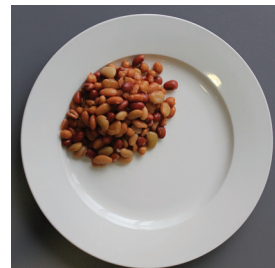
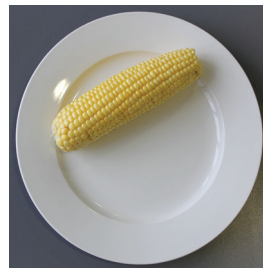
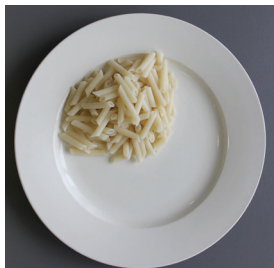


LOWER-GI CARBOHYDRATE

Choose one of:

- ✓ Pasta or noodle
- ✓ Rice or grains
- ✓ Sweet potato
- ✓ Corn
- ✓ Grain bread or wholemeal flat bread
- ✓ Legumes or lentils

1/2 – 1 cup cooked
1/2 – 1 cup cooked
100 – 200g
1 cob or 1/2 – 1 cup corn kernels
1 – 2 slices, or 1 chapatti or pita
1/2 – 1 cup or 75 – 150g cooked or canned

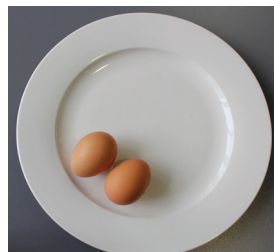
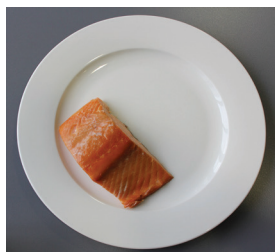


LEAN PROTEIN

Choose one of:

- ✓ Lean meat - beef, lamb, pork
- ✓ Skinless chicken or turkey
- ✓ Fish and seafood
- ✓ Tofu
- ✓ Egg
- ✓ Legumes or lentils
- ✓ Reduced fat cheese

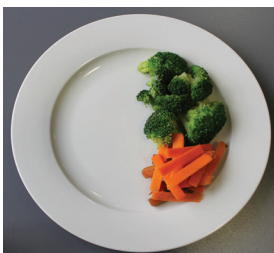
150g raw or 120g cooked
150g raw or 120g cooked
170g raw or 150g cooked
170g
2 large
1 cup (150g) cooked or canned
40g or 2 slices



VEGETABLES

- ✓ Salad or raw vegetables
- ✓ Cooked vegetables

2 – 3 cups or more
1.5 – 2 cups or more



HEALTHY FATS

- ✓ Extra Virgin Olive Oil
- ✓ Avocado

1 tablespoon
3 tablespoons



MEAL EXAMPLES



Chicken, vegetables and rice



Steak, vegetables and mash potato



Fish, salads and quinoa



Spaghetti bolognese and salad



Tofu, vegetables and noodles



Lentil and vegetable salad



Chicken curry, cooked vegetable, salad and rice or chappati



Tofu, vegetables and rice



Meat, salads and rice



Cheese and salad sandwich



Egg and vegetable omelette with toast

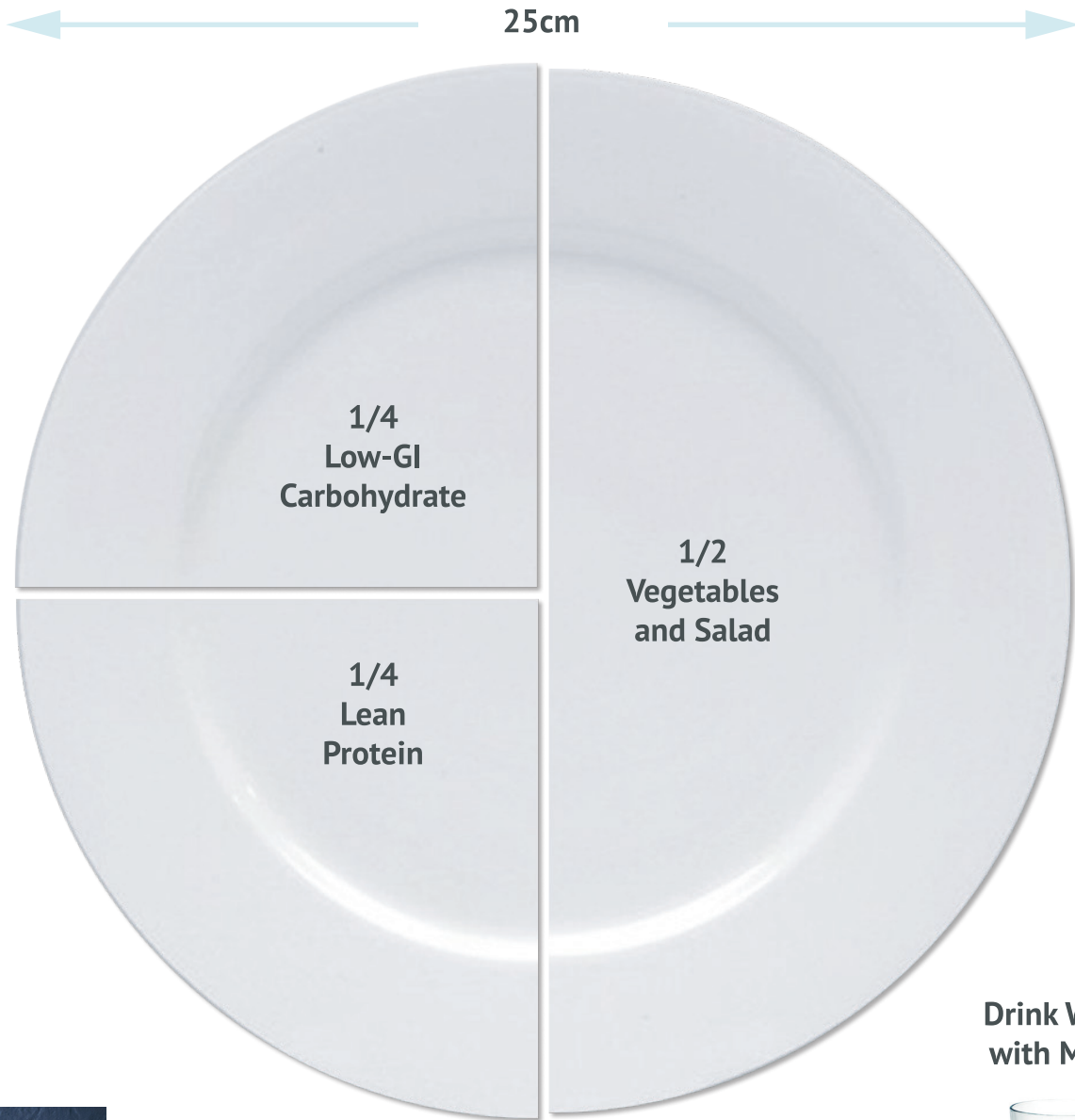


Legume, vegetable and pasta soup

GET THE RIGHT SIZE PLATE

Most dinner plates and bowls are large which can make portion control a challenge. Having the right size plate makes it easier to avoid overfilling your plate and eating too much.

- ✓ Aim for your dinner plate or bowl to be less than 25 centimetres wide.



**Drink Water
with Meals**



Use the plate model as a guide when packing or ordering meals away from home.