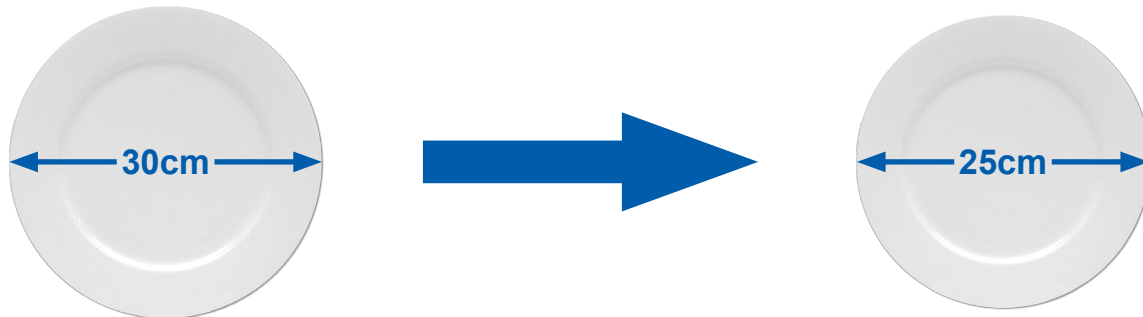


Plating it up: the portion guide

Get the right size plate

Most dinner plates and bowls are too large which can make portion control challenging. Having the right size plate makes it easier to avoid overfilling your plate and your stomach. Aim for your dinner plate or bowl to be less than 25 centimetres wide (outer rim).

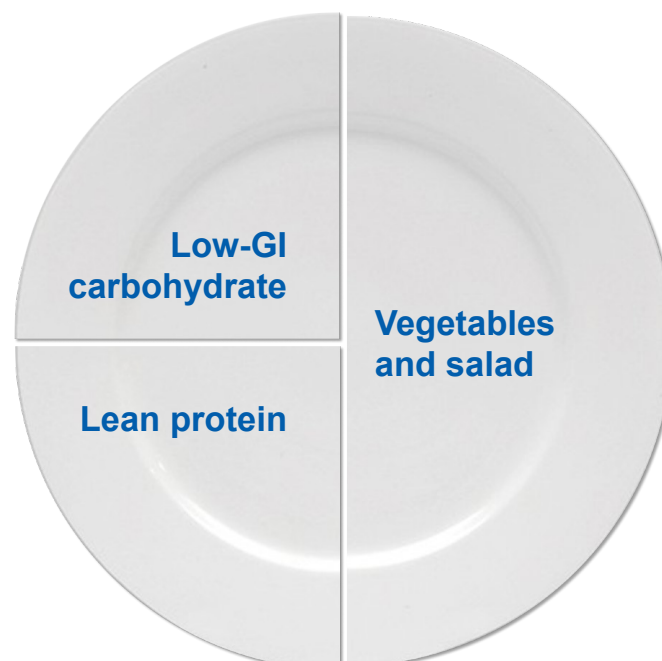


How to get the portions right for a balanced meal

Even when planning and preparing a healthy meal, it is important to consider portion size of different foods.

These include serving sizes of:

- ✓ Lower GI carbohydrate (e.g. Pasta, rice, bread, sweet potato, corn, lentils and legumes)
- ✓ Lean protein (e.g. Trimmed meat, skinless chicken, fish and seafood, tofu, egg)
- ✓ Cooked or salad vegetables (e.g. Carrot, broccoli, peas, capsicum, cucumber, beans, beetroot, cabbage, bok choy, eggplant etc.)

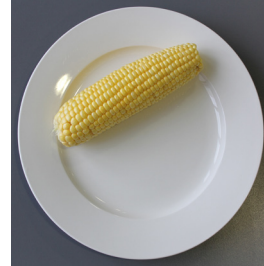
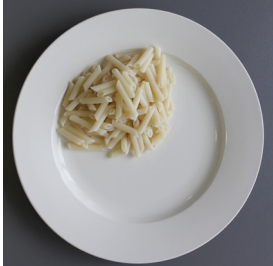


Check your ingredient list, chopping board and finally your plate to reflect this balance.

Low-GI carbohydrates

Choose one of:

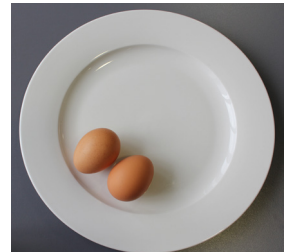
- ✓ Pasta or noodles 1 cup cooked or 50g dry
- ✓ Rice (Basmati / Mahatma / Doongara) 2/3 cup cooked or 40g dry
- ✓ Sweet potato 200g (leave skin on where possible)
- ✓ Corn 1 cob or ½ cup corn kernels
- ✓ Grain bread or wholemeal flat bread 1–2 slices, or 1 small chapatti / pita / roti
- ✓ Legumes or lentils 150g cooked or canned



Lean protein

Choose one of:

- ✓ Lean meat - beef, lamb, pork etc 150g raw or 120g cooked
- ✓ Skinless chicken or turkey 150g raw or 120g cooked
- ✓ Fish and seafood 170g raw or 150g cooked
- ✓ Tofu 150g
- ✓ Egg 2 whole
- ✓ Legumes or lentils 150g cooked or canned



Vegetables

- ✓ Salad, stir-fried or raw vegetables 2–3 cups
- ✓ Cooked vegetables 1.5–2 cups



Beverages

- ✓ Water
- ✓ Plain mineral water or soda water
- ✓ Diet soft drink or diet cordial
- ✓ Tea or coffee



Meal examples

Chicken / meat / fish and vegetables



Spaghetti bolognese



Stir fry noodles



Lentil salad



Curry and rice/chapatti



Stir fry rice



Grilled meat and rice



Sandwich



Omelette



Minestrone soup



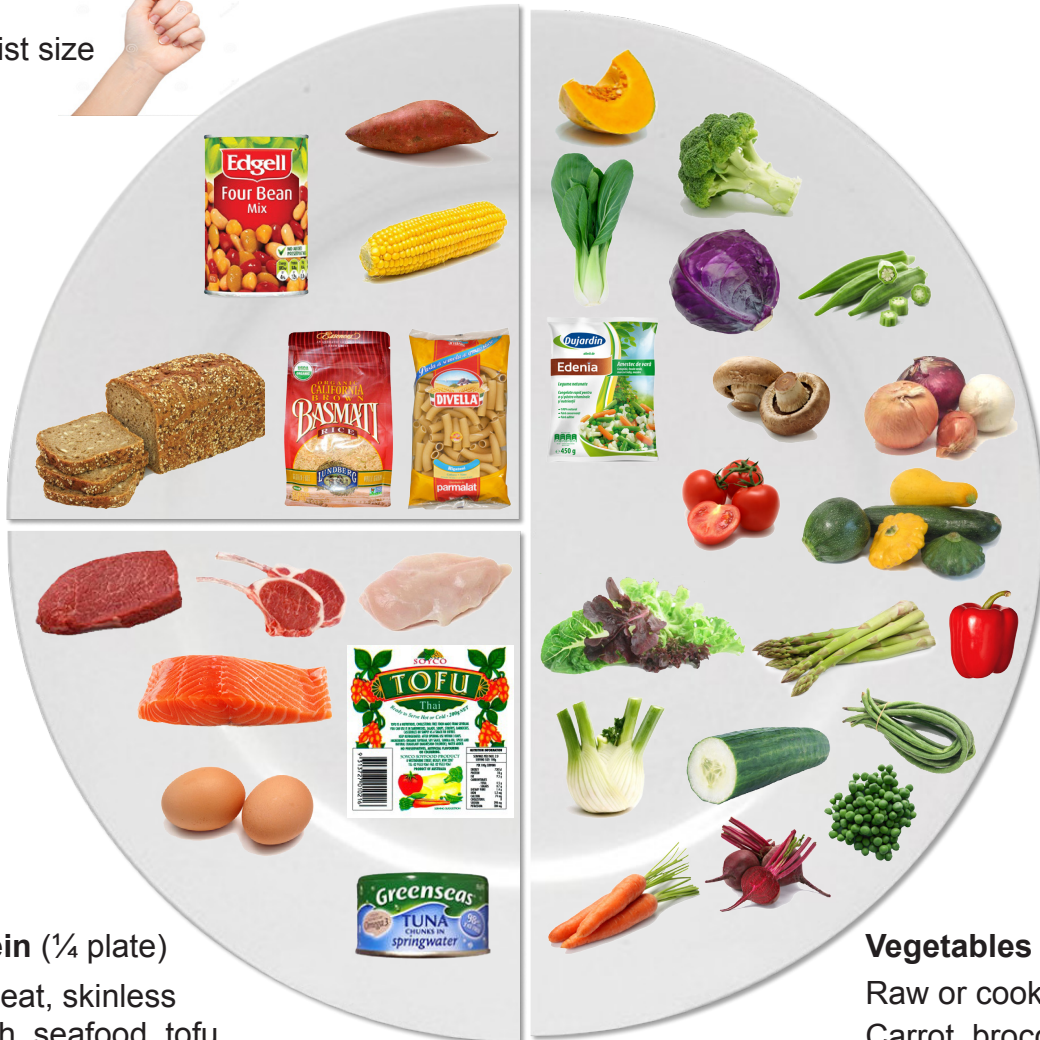
Plate guide

Tip: Fill half your plate first with vegetables and salad, followed by lean protein and then low-GI carbohydrate to ensure your serving sizes follow the plate guide.

Low-GI carbohydrate (¼ plate)

Pasta, rice sweet potato, corn, lentils, legumes and bread

Portion = Fist size



Lean protein (¼ plate)

Trimmed meat, skinless chicken, fish, seafood, tofu, egg

Portion = Palm size



Vegetables (½ plate)

Raw or cooked:

Carrot, broccoli, peas, capsicum, cucumber, beans, beetroot, cabbage, bok choy, eggplant, lettuce, spinach, mushrooms, tomato, onion etc.

Portion = 2 open hands

