

# 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 (¼ plate)

Portion = Fist size

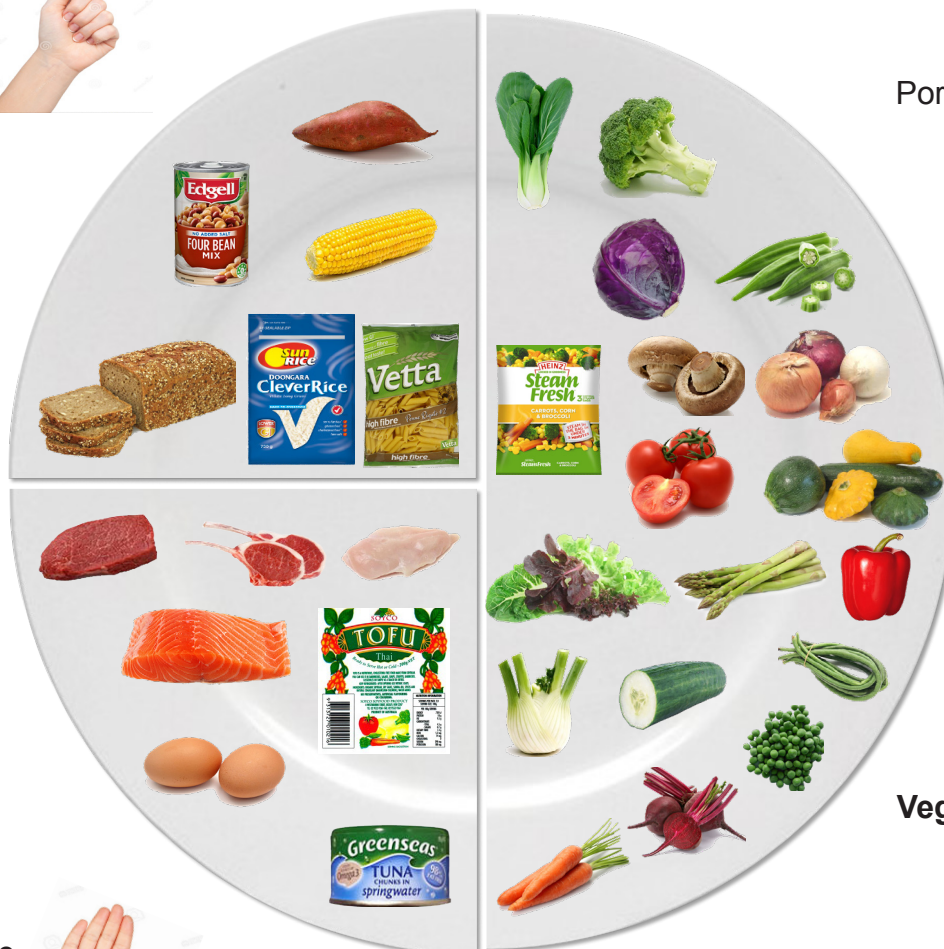


**Healthy fat**  
Extra virgin olive oil, avocado



**Lean protein**  
(¼ plate)

Portion = Palm size



Portion = 2 open hands

**Water**



**Vegetables (½ plate)**

## 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

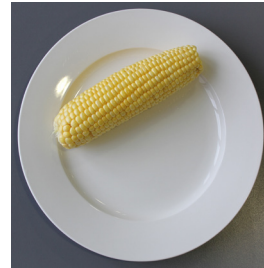
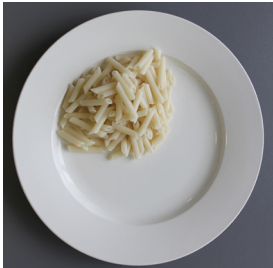
1/2 – 1 cup cooked

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

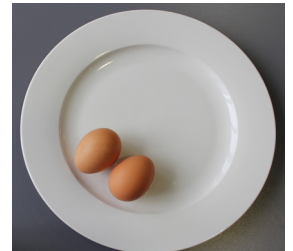
170g raw or 150g cooked

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





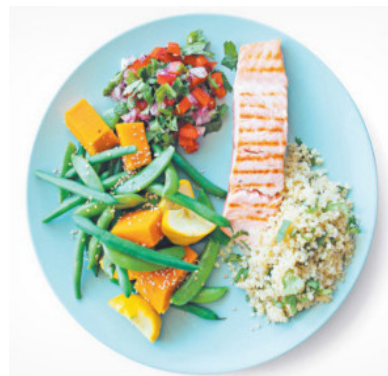
## Meal examples



**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 chapati**



**Tofu, vegetables and rice**



**Meat, salads and rice**



**Cheese and salad sandwich**



**Egg and vegetable omelette with toast**

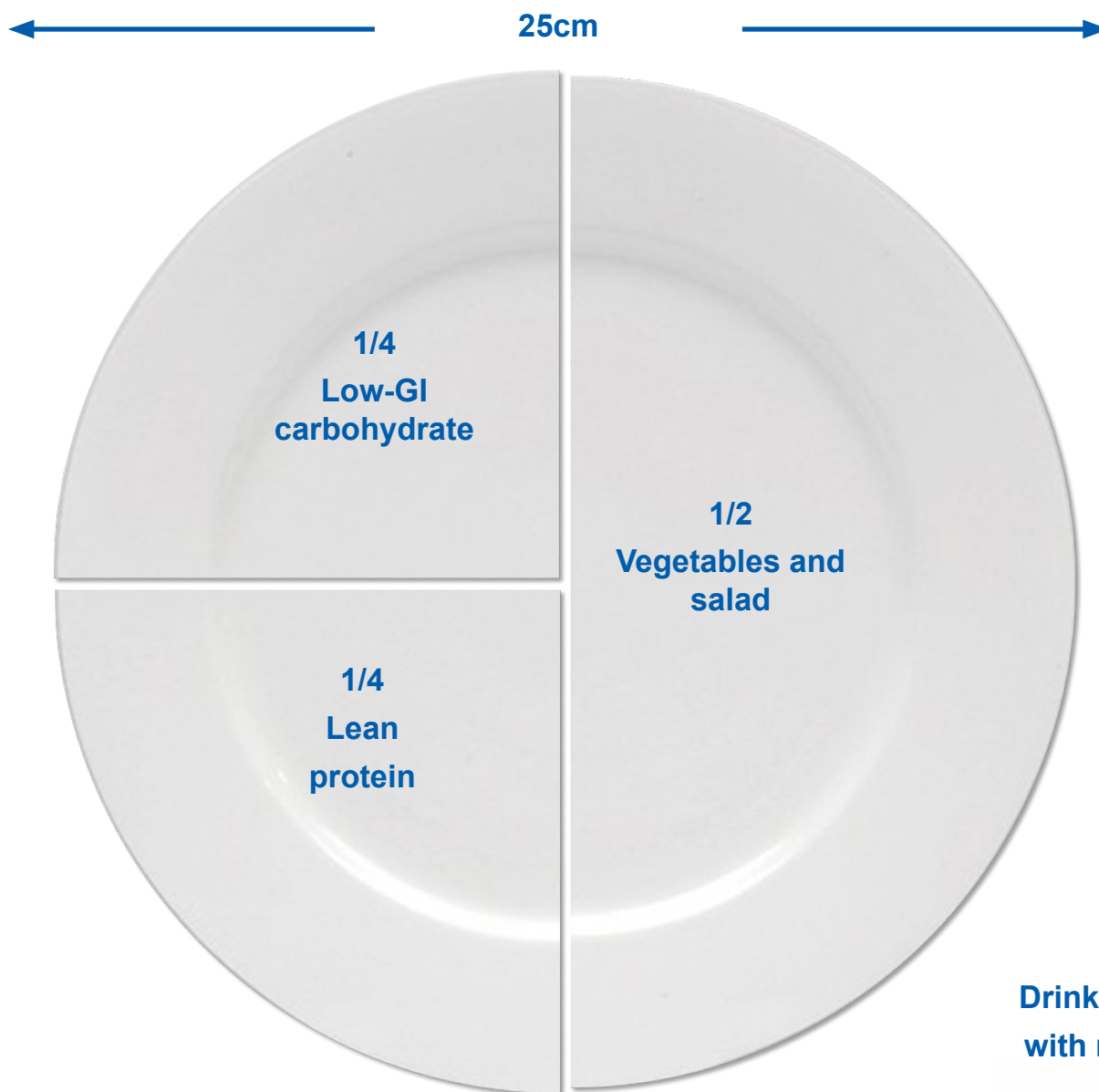


**Legume, vegetable and pasta soup**

## 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

