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.

**Plating it up: the portion 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

**Vegetables** (½ plate)

**Water**
Lower-GI carbohydrate

Choose one of:
- Pasta or noodle: 1/2 – 1 cup cooked
- Rice or grains: 1/2 – 1 cup cooked
- Sweet potato: 100 – 200g
- Corn: 1 cob or 1/2 – 1 cup corn kernels
- Grain bread or wholemeal flat bread: 1–2 slices, or 1 chapatti or pita
- Legumes or lentils: 1/2 – 1 cup or 75-150g cooked or canned

Lean protein

Choose one of:
- Lean meat - beef, lamb, pork: 150g raw or 120g cooked
- Skinless chicken or turkey: 150g raw or 120g cooked
- Fish and seafood: 170g raw or 150g cooked
- Tofu: 170g
- Egg: 2 large
- Legumes or lentils: 1 cup (150g) cooked or canned
- Reduced fat cheese: 40g or 2 slices

Vegetables

- Salad, or raw vegetables: 2–3 cups or more
- Cooked vegetables: 1.5 – 2 cups or more

Healthy fats

- Extra Virgin Olive Oil: 1 tablespoon
- Avocado: 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.

25cm

- 1/4 Lean protein
- 1/4 Low-GI carbohydrate
- 1/2 Vegetables and salad

Drink water with meals

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