

HEALTHY EATING

1. What is healthy eating?

THREE main meals and 2-3 healthy snacks spread evenly throughout the day. Include a variety of foods every day. Have regular meal times and eat smaller portions.



2. What is a portion/serve size?

A serve is the size of a woman's fist (or a cup).

Using your hand, measure out portion sizes of the foods you eat.



Examples: A serve of noodle, rice, roti/chapatti, or pasta should look like this. ONE PORTION = 3 slices of Burgen bread OR 2 slices of multigrain bread OR 1 fistful of uncooked rice = one cup of cooked rice.

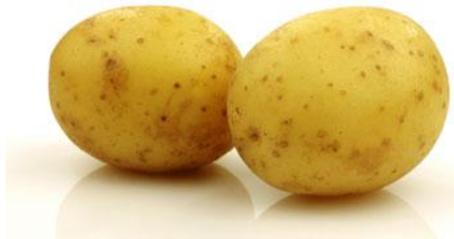


OR

1 medium sized potato OR 2 small potatoes (should fit in the palm of your hand)

OR

1 fistful of uncooked pasta or noodles = 1.5 cup of cooked pasta/noodles



MEAT EXAMPLE:

Portion size/one serve of meat or fish is the size of a woman's palm.

(Lean red meat 3 times a week)

(Fish 2 times a week)

(Chicken/turkey/eggs 2 times a week)



What are my best food choices?

(a) Starchy foods – carbohydrates

(1 portion each 3 times a day)

This will affect your SUGAR LEVELS. However, they are important to include at each meal in controlled portions.

Example: Basmati/Doongara rice OR roti/chapatti OR multigrain bread; OR medium potato; OR noodle/pasta; OR kidney beans, chickpeas, lentils, legumes etc.



What are my best food choices?

(b) Non-starchy vegetables

(5 serves daily) – can eat more of this.

Include different colours of vegetables in your meal – red, yellow, green, white, purple, orange.

Example: Any green leafy vegetables, mushrooms, eggplants, tomatoes, cauliflower, cabbages, broccoli, zucchini, okra, carrots, avocado, cucumber, celery, beetroot, etc



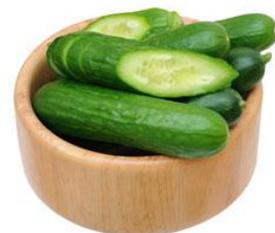
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(c) Healthy snacks:

An in-between meal snack (1 Serve only)

Example, morning tea, afternoon tea, and supper.

An example of ONE serve = Peach/Apple/handful of nuts/Kiwifruit /Fruit Toast/ Small tub (100-200 grams) low fat yoghurt/Carrot/Tomato/ Celery/Wholegrain crackers with Avocado OR Cheese



If you are still hungry you can eat: (ONE serve)

Cucumber/Tomato/Celery/Small tub of low fat yoghurt/A glass of low fat milk/A boiled egg



BOWL: What should my plate or bowl of food look like?

½ vegetables, ¼ lean meat /protein, ¼ carbohydrate/starch

Example:

One serve cooked rice

Vegetables and meat

Noodles, vegetables and meat/fish



PLATE: What should my plate of food look like?

½ vegetables, ¼ lean meat /protein, ¼ carbohydrate/starch

