

## What is **A SERVE** VS **A PORTION**?

Let's clear up the confusion between a serving size and a portion size!

### SERVING SIZE

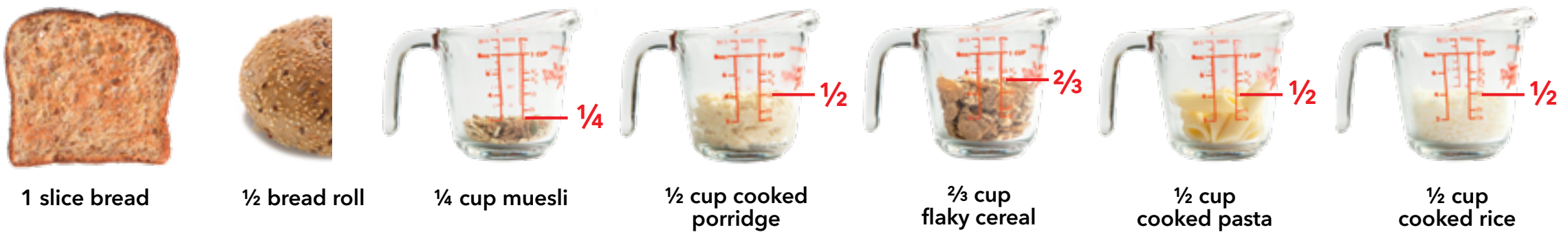
A set amount stated in the Australian Dietary Guidelines and this doesn't change

### PORTION SIZE

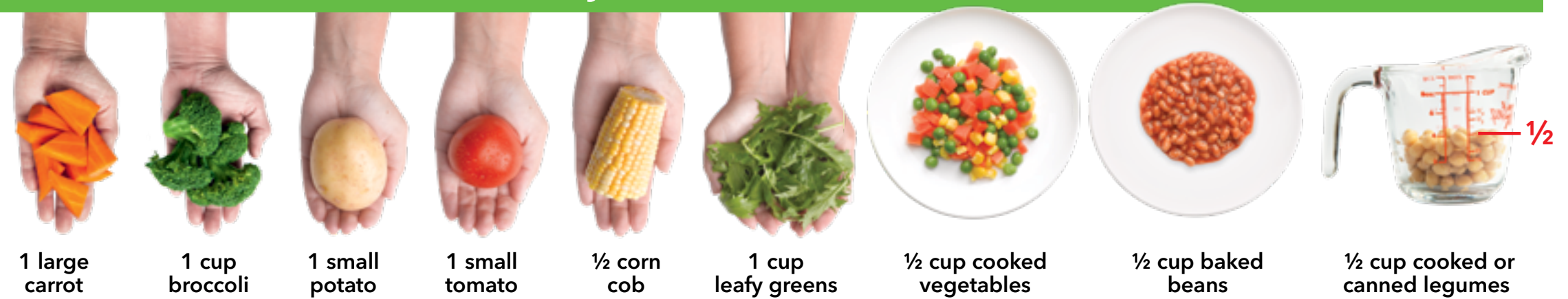
How much you serve yourself and eat. A portion could consist of more than one serve from the guidelines

VS

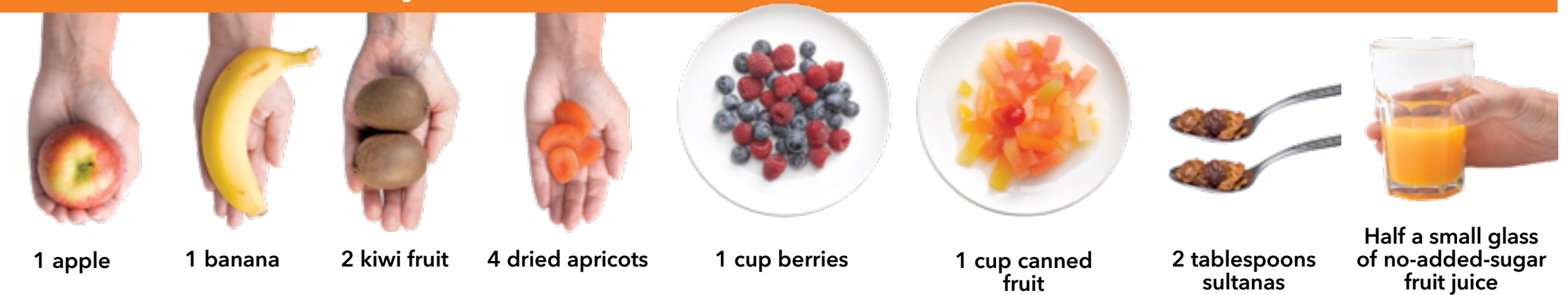
### GRAINS OR CEREALS: 4-6 serves a day. Each of these is one serve...



### VEGETABLES: 5+ serves a day. Each of these is one serve...



### FRUIT: 2 serves a day. Each of these is one serve...



### PROTEIN: 2-3 serves a day

Each of these is one serve...



### DAIRY OR ALTERNATIVES: 3-4 a day

Each of these is one serve...

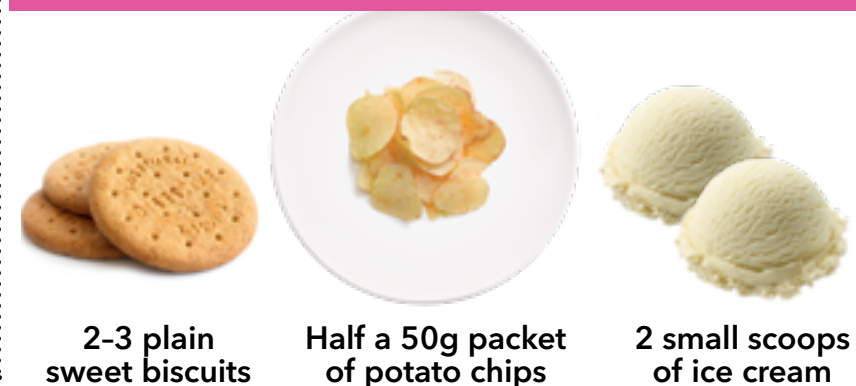


### UNSATURATED FATS: 2-4 a day

Each of these is one serve...



### TREAT FOODS: Each of these is one serve...



Fill up on the 5 food groups before enjoying an occasional small treat

Compiled by dietitians and based on Australian Dietary Guidelines.

**Make a balanced meal for kids...**

Split their plate into 3

**1/3 Protein**

Lean meat, chicken, fish or legumes

**1/3 Carbohydrates**

Cooked rice, pasta or potato

**1/3 Vegetables**

Vegetables or salad



**Know your Portions**



**Protein**  
(1 serve)

Choose lean cuts of meat, trim visible fat and take skin off chicken

1 SERVE =  
meat, chicken or fish the size of the palm of your hand;  
2 eggs; or 170g tofu

**Vegetables**  
(3 serves)

Choose a variety of different types & colours

1 SERVE =  
75g or 1/2 cup cooked vegetables  
or 1 cup of salad vegetables

**Carbohydrate**  
(2 serves)

Choose LOW GI or wholegrain varieties

1 SERVE =  
1/2 cup cooked pasta or rice,  
1 small potato or 1 slice wholegrain bread

**Make a balanced meal for adults...**

Split your plate into 3

**1/2 Vegetables**

Vegetables or salad

**1/4 Protein**

Lean meat, chicken, fish or legumes

**1/4 Carbohydrates**

Cooked rice, pasta or potato

**TIPS FOR REDUCING PORTIONS**

**KEEP A SET OF MEASURING TOOLS**  
including kitchen scales and measuring cups



**PRE-PORTION YOUR FOODS**  
Don't eat directly from a box, bag or container



**EAT SLOWLY**  
so that you get through a smaller volume of food by the time everyone else has finished



**STORE LEFTOVERS**  
in individually packed portions



**ALWAYS ORDER THE SMALLEST**  
portion size available



**SIT AT THE TABLE TO EAT** so you notice when you've had enough to eat

