

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

VS

PORTION SIZE

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

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



1 slice bread



1/2 bread roll



1/4 cup muesli



1/2 cup cooked porridge



2/3 cup flaky cereal



1/2 cup cooked pasta



1/2 cup cooked rice

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



1 large carrot



1 cup broccoli



1 small potato



1 small tomato



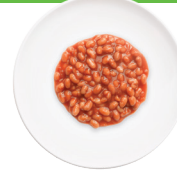
1/2 corn cob



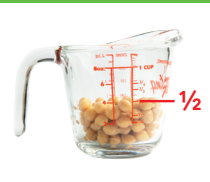
1 cup leafy greens



1/2 cup cooked vegetables



1/2 cup baked beans



1/2 cup cooked or canned legumes

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



1 apple



1 banana



2 kiwi fruit



4 dried apricots



1 cup berries



1 cup canned fruit



2 tablespoons sultanas

PROTEIN: 2-3 serves a day

Each of these is one serve...



1 cup cooked or canned legumes



A palm-size piece of raw meat or chicken (90-100g)



2 large eggs



A small can of fish (95g)

DAIRY OR ALTERNATIVES: 3-4 a day

Each of these is one serve...



A 200g tub of yoghurt



1 cup cow's milk or calcium-fortified alternative



2 thumb-size pieces of reduced-fat cheese (40g)

UNSATURATED FATS: 2-4 a day

Each of these is one serve...



A quarter of an avocado



2 teaspoons table spread



2 teaspoons oil

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



2-3 plain sweet biscuits

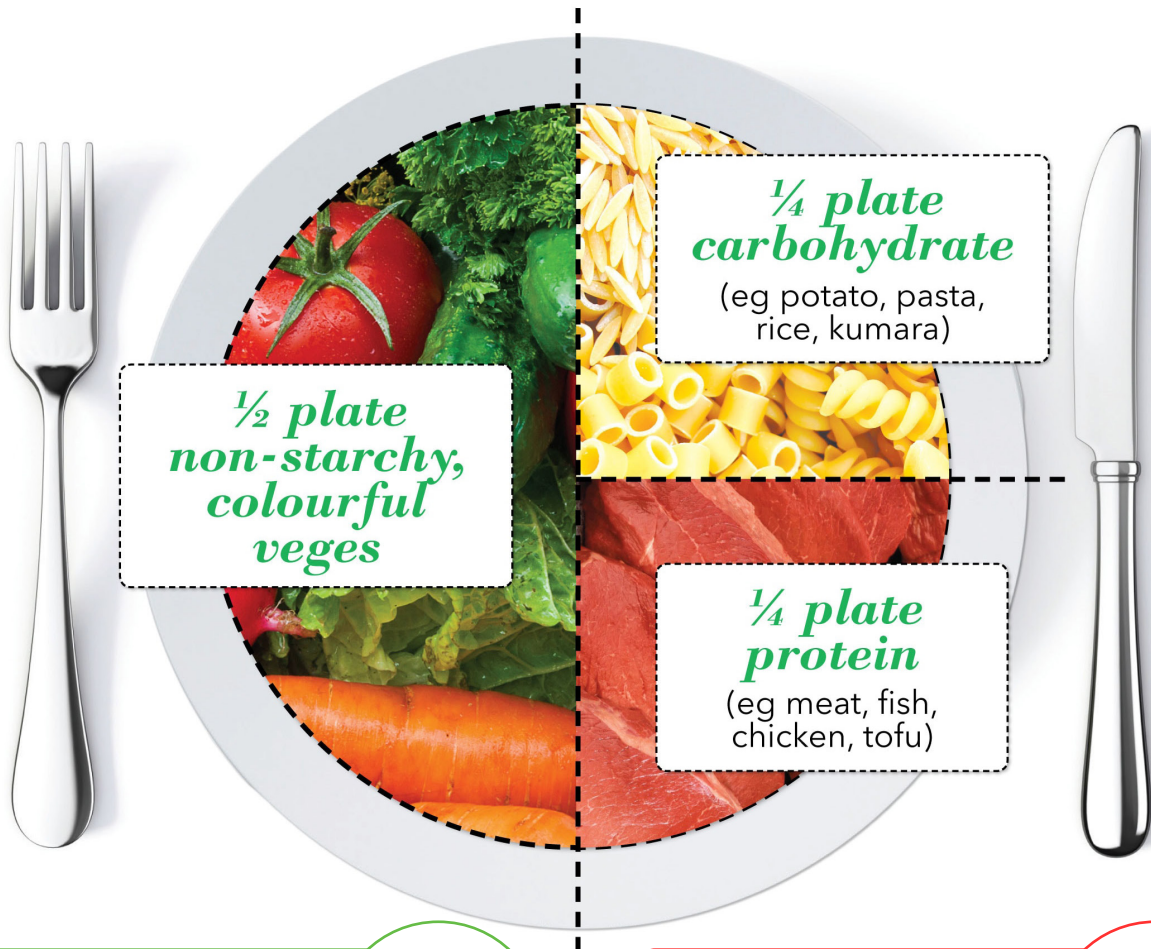


Half a 50g packet of potato chips



2 small scoops of ice cream

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



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

Make a balanced meal for kids...

Split their plate into

3

- 1/3 Vegetables**
Vegetables or salad
- 1/3 Protein**
Lean meat, chicken, fish or legumes
- 1/3 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

