

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

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

SERVING SIZE

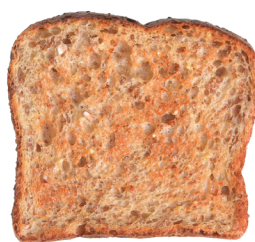
A set amount stated in the Australian Dietary Guidelines. This doesn't change.

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



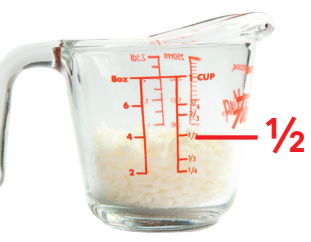
1/2 cup cooked porridge



2/3 cup flaky cereal



1/2 cup cooked pasta



1/2 cup cooked rice

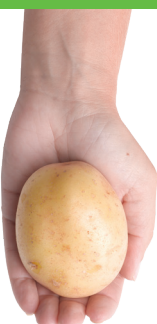
VEGETABLES: 5+ serves a day. Each of these is one serve...



1 large carrot



1 cup broccoli



1 small potato



1 small tomato



1/2 corn cob



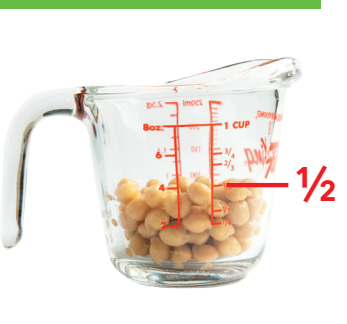
1 cup leafy greens



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...

Occasionally only



1 apple



1 banana



2 kiwifruit



1 cup berries



1 cup canned fruit (No added sugar)



4 dried apricots



2 tablespoons sultanas



1/2 cup fruit juice

PROTEIN: 2-3 serves a day

Each of these is one serve...



1 cup cooked or canned legumes



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



2 large eggs



1 small can fish (95g)

DAIRY OR ALTERNATIVES: 3-4 a day

Each of these is one serve...



200g tub yoghurt



1 cup cow's milk or calcium-fortified alternative



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

UNSATURATED FATS: 2-4 a day

Each of these is one serve...



1/4 avocado



2 teaspoons table spread



2 teaspoons oil

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



2-3 plain sweet biscuits



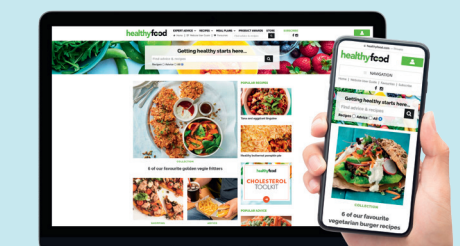
25g potato chips (1/2 small packet)



2 small scoops ice cream

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

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Compiled by dietitians and based on Australian Dietary Guidelines.
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Adult's plate

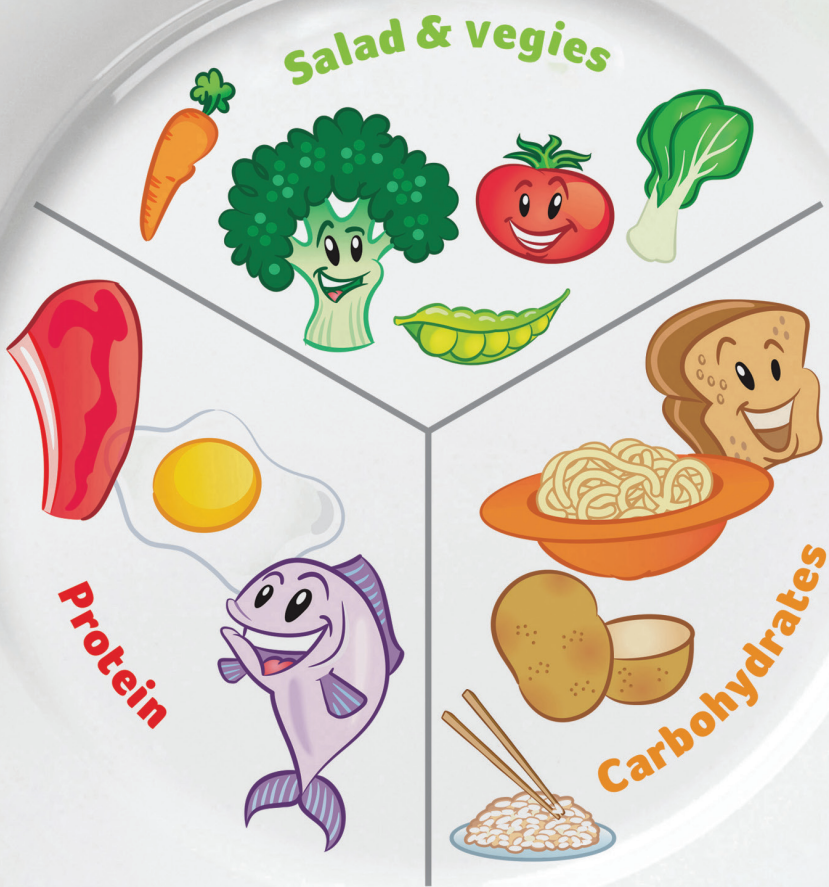


MAKE A BALANCED MEAL FOR ADULTS...

- 1/2** **Vegetables**
Vegetables or salad
- 1/4** **Protein**
Lean meat, chicken, fish or legumes
- 1/4** **Carbohydrates**
Cooked rice, pasta or potato

Split your plate into
3

Kid's plate



Split your plate into

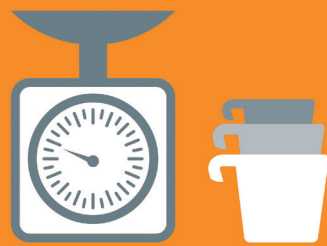
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MAKE A BALANCED MEAL FOR KIDS...

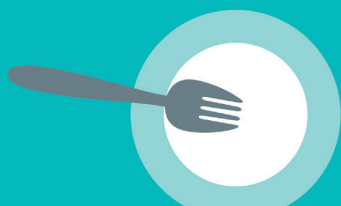
- 1/3** **Protein**
Lean meat, chicken, fish or legumes
- 1/3** **Carbohydrates**
Cooked rice, pasta or potato
- 1/3** **Vegetables**
Vegetables or salad

TIPS FOR REDUCING PORTIONS

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



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

