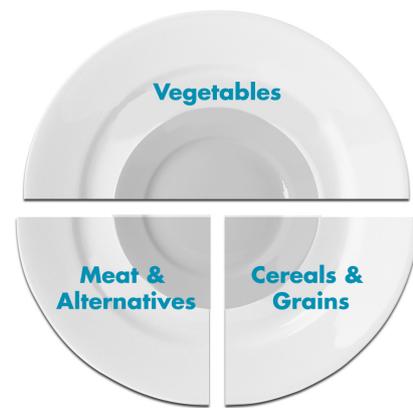


WATCH YOUR PORTION SIZE



To be a healthy weight, you need to watch the amount of food that you eat to make sure you aren't eating too much.

Packaged food, take-away food and restaurant meals have been getting bigger and bigger over the last couple of decades, and are now served in very large portions.

We may think bigger serves are better value for money, but they're actually costing our health a great deal more!

Larger portions mean you consume more kilojoules. This is especially problematic when it comes to high-kilojoule

foods and drinks such as soft drinks, take-away food and highly-processed snack foods.

To help keep to healthy portion sizes, use a smaller plate, avoid going back for seconds and freeze leftovers. Aim to fill half your plate with veg, one quarter with meat or meat alternatives (e.g: meat, chicken, legumes) and the last quarter with cereals and grains (e.g: rice, pasta, bread). Try and choose wholegrain options when possible.

Check out this table to find out what an ideal serving size is, and how many servings from each food group you need a day.

Food group	Recommended daily serves		What is one serve?
	19-50 years	51-70 years	
Breads, cereals, rice, pasta, noodles	Men: 6 Women: 6	Men: 6 Women: 4	1 slice of bread or ½ medium bread roll ½ cup of cooked rice, pasta or barley 2/3 cup wheat cereal flakes ¼ cup of untoasted muesli
Vegetables, legumes (beans, peas and lentils)	Men: 6 Women: 5	Men: 5.5 Women: 5	½ cup of cooked vegetables 1 cup of salad vegetables ½ medium potato ½ cup of cooked lentils
Fruit	Men: 2 Women: 2	Men: 2 Women: 2	1 medium piece of fruit (e.g. apple) 2 small pieces of fruit (e.g. apricot) 1 cup of canned or chopped fruit 1½ tablespoons of sultanas
Milk, yoghurt, cheese	Men: 2.5 Women: 2.5	Men: 2.5 Women: 4	1 cup of milk 2 slices of cheese (40g) Small carton of yoghurt (200g)
Meat, fish, poultry, eggs, nuts, legumes	Men: 3 Women: 2.5	Men: 2.5 Women: 2	65 – 100g of cooked, lean meat ½ cup of lean mince 80 – 120g of cooked fish 1 cup legumes 2 large eggs ⅓ cup of peanuts or almonds
Additional serves from the 5 food groups, unsaturated fats and oils or discretionary foods.	Men: 0 - 3 Women: 0 - 2.5	Men: 0 - 2.5 Women: 0 - 2.5	Serves for the 5 food groups as above. Serves of fats and oils are: 10g unsaturated spread (e.g. sunflower) 7g polyunsaturated oil (e.g. olive or canola) Serves of discretionary foods are: 1 doughnut 12 hot chips 1 can (375 mL) soft drink

These guidelines were taken from the Australian Dietary Guidelines, 2013. Serves include an allowance for unsaturated spreads or oils and nuts and seeds. Guidelines for children and adolescents are available at www.eatforhealth.gov.au

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