

HEALTH WEALTH

ISSUE 23 – Portion Control

GRAINS and CEREALS

6 servings per day

| | |
|-------------------------------|---------------------------|
| 1 slice of bread | 1 cup cooked pasta / rice |
| 2 Weetbix | 3 cups popped popcorn |
| 1 cup breakfast cereal flakes | ½ English muffin |

Carbohydrate is the body's preferred source of energy, providing us with B vitamins, zinc, selenium, magnesium, fibre and more!!



VEGETABLES

3 - 7 servings per day

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| ½ cup of cooked or raw vegetables |
| 1 cup of leafy vegetables, e.g. spinach, lettuce, bok choy |
| ¾ cup of Vegetable juice |

Vegetables (and fruit) are excellent sources of vitamins, minerals and fibre. Fibre is important for regular bowel movements, regulating blood sugar levels, and preventing cancer.



FRUIT

2 - 5 servings per day

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|----------------------------------|-----------------------------|
| 1 banana / apple / orange etc | ½ cup of frozen fruit |
| ¼ cup of dried fruit e.g raisins | ½ cup of grapes |
| ¾ cup of unsweetened juice | ½ cup sliced or cubed fruit |

Fruit contains phytonutrients which are extremely powerful antioxidants that help protect your body against cancer-causing free radicals, and slow down the effects of ageing.



MEAT / POULTRY / SEAFOOD / BEANS / EGGS

1 servings per day

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|--------------------------------|-------------------------------|
| 100g of cooked meat | 1 medium steak (120g) |
| ¾ cup mince or casserole | ¾ cup dried, cooked beans |
| 1 egg (50g) | 2 drumsticks or 1 chicken leg |
| 1 medium fillet of fish (100g) | |

Red meat is a fabulous source of protein, iron, and zinc, providing us with B group vitamins including B1, B2, B3, B6 and B12. Fish is low in fat, high in protein and Omega 3 fatty acids for our heart health.



MILK and DAIRY PRODUCTS

2 Servings per day

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|-----------------------|------------------------|
| 1 cup of Milk (250ml) | 150g pottle of yoghurt |
| 40g cheese (2 slices) | 1 cup of ice-cream |

Dairy products are an excellent source of nutrients, including calcium, protein, potassium, phosphorus, and vitamins A and D. Therefore helping build and maintain strong bones.



FATS and OILS

Eat very little

| | |
|------------------------------|----------------------------------|
| 1/8 avocado | 1 tsp mayonnaise |
| 1 tsp margarine | 1 tbsp reduced fat mayo, 8 large |
| 1 tbsp reduced fat margarine | black or green olives |

We need fat in our diet for the absorption of fat soluble vitamins, and some fats even help lower cholesterol. However all fats are high in energy, and some fats are harmful to cholesterol – such as saturated fats (animal fats), and trans fats (found in processed foods).

