

Healthy Dinner Plate

VEGETABLES/SALAD

Half of the plate

Capsicum, zucchini, cauliflower, broccoli,
lettuce, tomato, cucumber, pumpkin,
asparagus, carrot, swede, green
beans, cabbage, celery,
eggplant, spinach,

**AND MANY
MORE!**



Vegetables/salad

LEAN PROTEIN

Palm size portion

- Beef, lamb, pork
- Chicken
- Fish
- Eggs



Lean protein



Carbohydrate/starch

CARBOHYDRATE/STARCH

Fist size portion

- Bread
- Pasta & Rice
- Potato

HUNGER MANAGEMENT

*reduce size of meat and starches over a week or two

*To 'top-up' after a meal drink a glass of water

*to distract away from food go for a walk or find an activity that doesn't involve a screen

*If still hungry after 20 minutes have more vegetables or a piece of fruit (if these are not appetising....you're not hungry!!)