

Portion Control, Say When

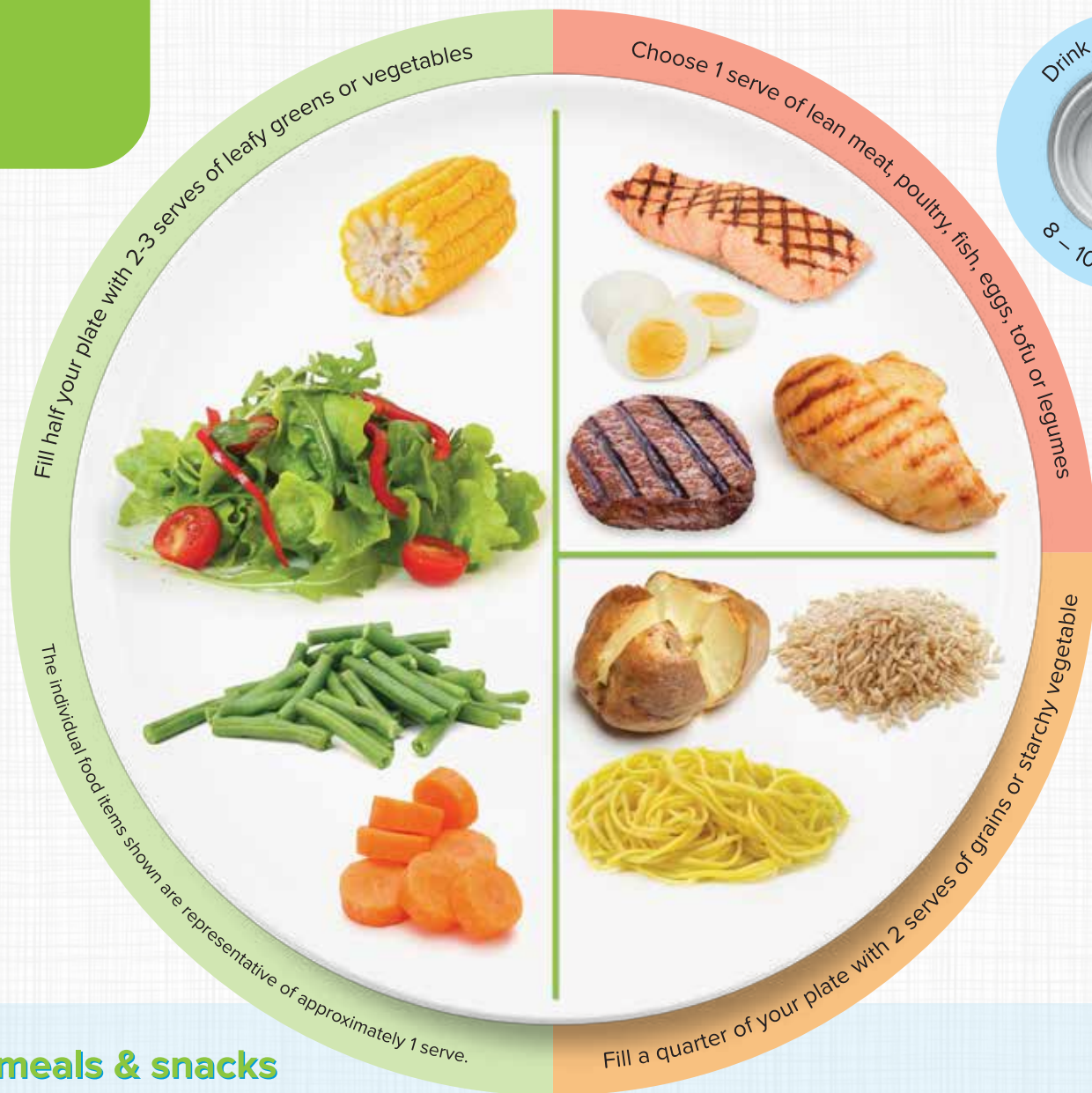
Over the last few decades, the ever-increasing portion sizes have had a dramatic effect on our waistlines and health

Though the recommended serving sizes have not changed a great deal, everything else has. Restaurants serve us more, our dinner plates are bigger and snacks are sold in larger packages. As such, our concept of a healthy portion has become distorted.

It is important to understand the difference between portion sizes and serving sizes; A portion size is the amount of food that you actually consume. Whereas, a serving size is the set amount of food defined in the Australian Dietary Guidelines.




Say When is based on the Australian Dietary Guidelines. Its aim is to keep your portion sizes in check and assist you in enjoying a variety of foods from all five food groups.

With this guide, you'll be able to enjoy a balanced and varied diet and maintain a healthy weight.







Your quick guide to well portioned meals & snacks




Breakfast

-  1 serving of grain
-  1 serving of fruit
-  1 serving of dairy or alternative




Lunch

-  2 servings of grains
-  2 servings of vegetables
-  1 serving of meat or alternative
-  1 serving of dairy or alternative













Dinner

-  2 servings of grains
-  3 servings of vegetables
-  1 serving of meat or alternative

Snacks

-  1 serving of an extra snack
-  1 serving of fruit
-  1 serving of dairy or alternative

THE 5 FOOD GROUPS

Food Group	 Vegetables	 Fruit	 Grains and Cereals Choose mostly wholegrain	 Meat and Alternatives Choose lean cuts	 Dairy and Alternatives Choose mostly reduced fat
Benefits	Vegetables are a great source of dietary fibre, vitamins and minerals. Variety is key when choosing vegetables, be adventurous and always try different types and colours.	Most fruits are low in energy (kilojoules) and high in fibre and water, making you feel fuller. Fruit is abundant in vitamins, minerals and phytochemicals.	Grain foods are a good source of carbohydrates/starch, protein, dietary fibre, vitamins and minerals.	The foods from this group are 'protein rich' and provide a wide variety of nutrients such as: iodine, iron, zinc, vitamins, B12, and essential fatty acids.	Milk, cheese and yoghurt are an excellent source of absorbable calcium and contain many other nutrients, including protein, vitamins and minerals.
Recommended number of serves per day	5	2	4-6	1-3	2-3
1 serve is equivalent to	½ cup of broccoli, zucchini, carrots or pumpkin ½ cup of cooked beans, peas or lentils 1 cup of green leafy or raw salad vegetables ½ medium potato • 1 medium tomato	1 medium apple, banana or orange 2 small apricots or plums 1 cup diced or canned fruit (in juice)	1 slice bread ½ medium roll or flat bread ½ cup cooked rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulgur or quinoa	100g (raw) beef, lamb, chicken or pork 115g (raw) fish 2 large eggs 1 cup of cooked canned legumes 170g tofu	1 cup (250ml) milk 2 slices (40g) cheese ¾ cup (200g) yoghurt 1 cup (250ml) soy, rice or other cereal drink with at least 100mg of calcium per 100ml
Approximate portion size	2 handfuls of salad (~2 cups) 1 fist of chopped vegetables (~1 cup)  	1 fist (~1 cup) of diced fruit or one medium piece of fruit 	One handful (~½ cup) rice, pasta or noodles 	Palm of your hand (~85-100g) meat or chicken 	1 finger (~40g) cheese 1 fist (~1 cup) milk  

Discretionary or 'junk' foods

Intake of junk foods is far too high with Australians reportedly consuming over one-third of total daily energy from 'discretionary foods'. This indicates that many of us are exceeding the maximum recommendation of 0-2.5 serves per day. These foods, are not a necessary part of a healthy dietary pattern and contribute high amounts of saturated fat, sugar and or/salt to our diets. It is important to remember what counts as a serving size and enjoy these foods only occasionally and in small amounts.



1 serve is equivalent to...

- ½ small bar (25 g) chocolate
- 5-6 (40g) small lollies
- 1 chocolate coated biscuit
- 1 rasher of streaky bacon
- 1/3 of a meat pie
- 2 level scoops of ice cream
- 1 can of beer or 1 glass (200 mL) wine

Quick tips for portion perfection!

- Use a **smaller plate** or bowl and fill ½ with vegetables or salad
- **Plate up** a serve and put the leftovers away to avoid temptation
- Keep a set of **measuring cups** & a food scale handy
- Don't eat directly from the packet
- Sit down, **eat slowly**, savour your food and avoid distractions
- Avoid up-sizing. Always order the smallest portion available
- **Share** – order one dessert between two or three people

*The recommended dietary pattern in the table above provides the nutrients and energy needed by all men and women of average height with sedentary to moderate activity levels. Additional serves of the Five Food Groups or unsaturated spreads and oils or discretionary choices are needed only by adults who are taller, more active or in the higher end of a particular age band, to meet additional energy requirements. Women who are pregnant or breastfeeding have higher requirements.



More info available at
www.sugarnutritionresource.org