

## 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 and this doesn't change

### PORTION SIZE

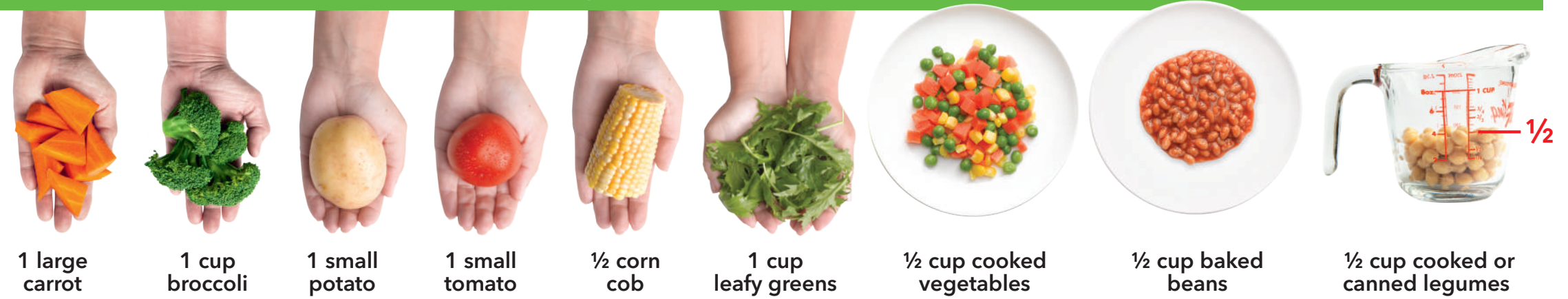
How much you serve yourself and eat. A portion could consist of more than one serve from the guidelines

VS

## GRAINS OR CEREALS: 4-6 serves a day. Each of these is one serve...



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



## FRUIT: 2 serves a day. Each of these is one serve...



## PROTEIN: 2-3 serves a day.

Each of these is one serve...



## DAIRY OR ALTERNATIVES: 3-4 a day

Each of these is one serve...

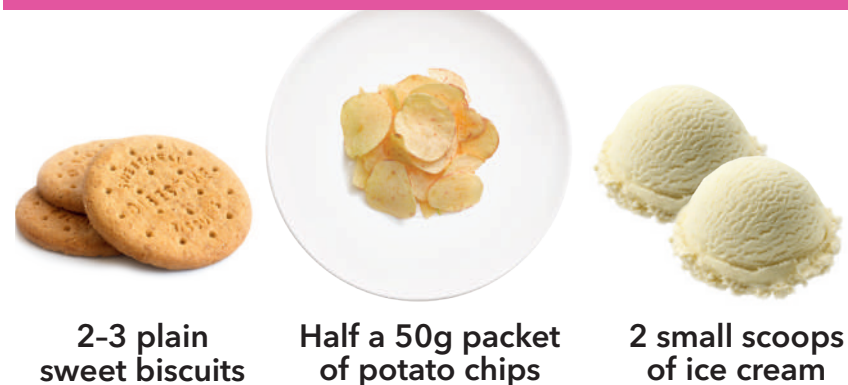


## UNSATURATED FATS: 2-4 a day

Each of these is one serve...



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



Fill up on the 5 food groups before enjoying an occasional small treat

Compiled by dietitians and based on Australian Dietary Guidelines.



For more **FREE** interactive lesson plans, activities & worksheets, visit [www.healthyactivekids.com.au](http://www.healthyactivekids.com.au)



**Make a balanced meal for kids...**  
Split their plate into **3**

**1/3 Protein**

Lean meat, chicken, fish or legumes

**1/3 Carbohydrates**

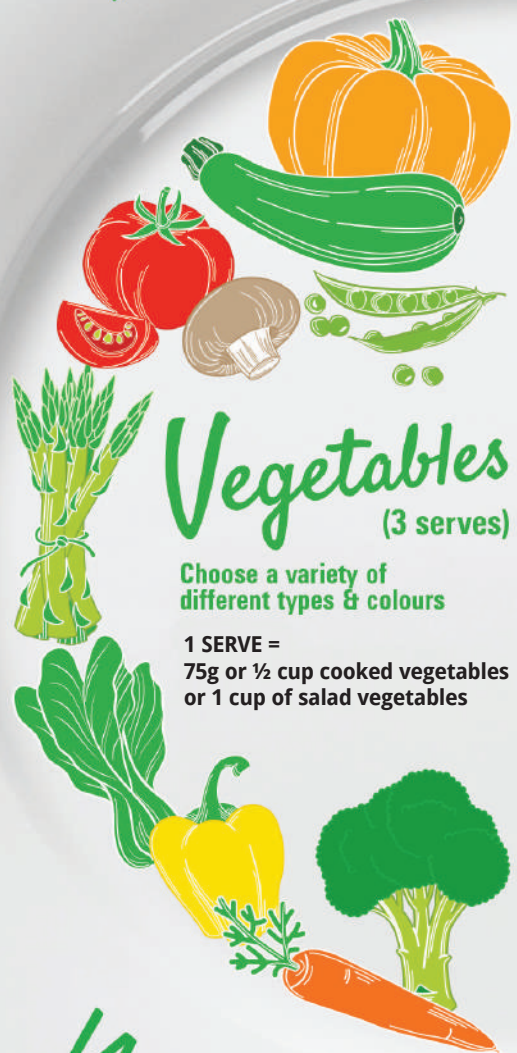
Cooked rice, pasta or potato

**1/3 Vegetables**

Vegetables or salad



**Know your Portions**



**Protein**  
(1 serve)

Choose lean cuts of meat, trim visible fat and take skin off chicken

1 SERVE =  
meat, chicken or fish the size of the palm of your hand; 2 eggs; or 170g tofu

**Carbohydrate**  
(2 serves)

Choose LOW GI or wholegrain varieties

1 SERVE =  
½ cup cooked pasta or rice, 1 small potato or 1 slice wholegrain bread

**Vegetables**  
(3 serves)

Choose a variety of different types & colours

1 SERVE =  
75g or ½ cup cooked vegetables or 1 cup of salad vegetables

**Make a balanced meal for adults...**  
Split your plate into **3**

**1/2 Vegetables**

Vegetables or salad

**1/4 Protein**

Lean meat, chicken, fish or legumes

**1/4 Carbohydrates**

Cooked rice, pasta or potato

**TIPS FOR REDUCING PORTIONS**

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



**PRE-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

