

FREE PORTION SIZE GUIDE



CHOOSE WELLNESS
NESTLÉ

Brought to you by **AUSTRALIAN healthyfood**

Now you can *always* size your food right!

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



1 slice bread



1/2 bread roll



1/4 cup muesli



1/2 cup cooked porridge



2/3 cup flaky cereal



1/2 cup cooked pasta



1/2 cup cooked rice

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



1 large carrot



1 cup broccoli



1 small potato



1 small tomato



1/2 corn cob



1 cup leafy greens



1/2 cup cooked vegetables



1/2 cup baked beans



1/2 cup cooked or canned legumes

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



1 apple



1 banana



2 kiwi fruit



4 dried apricots



1 cup berries



1 cup canned fruit



2 tablespoons sultanas



Half a small glass of no-added-sugar fruit juice

PROTEIN: 2-3 serves a day. Each of these is one serve ...



A palm-size piece of raw meat or chicken (90-100g)



2 large eggs



A hand-size piece of raw fish (115g)



A small can of fish (95g)



A small handful of nuts or seeds (30g)



170g tofu (the size of a deck of cards)



1 cup cooked or canned legumes

DAIRY OR ALTERNATIVES: 3-4 a day

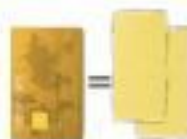
Each of these is one serve ...



A 200g tub of yoghurt



1 cup cow's milk or calcium-fortified alternative



2 slices reduced-fat cheese (40g)



A small milky coffee (such as a flat white)

UNSATURATED FATS: 2-4 a day

Each of these is one serve ...



A quarter of an avocado



2 teaspoons table spread



2 teaspoons oil

TREAT FOODS: not every day. Each of these is one serve ...

