

Perfect Portions

If you'd like to see the kilos drop off, start by watching the amount of food on your plate!

Yes it is a waste to throw food out but It is better to waste a little or save it for tomorrow than 'waste' it by putting it into your body. A strategy to eat healthy portions will help you loose weight.

Never eat straight from the bag/box If you are eating takeaway serve your portion on a plate, sit down and enjoy your meal. Be wary of packaging...always read the label. You might be happily scoffing into a snack only later to read that the snack serve was for 2!

Put away the left overs It's easy to sit down to a plate of healthy food. The trouble starts when you have finished and there is more food sitting begging to be consumed. The solution is to dish up then immediately store left overs therefore removing temptation. That way having a second helping takes more of a conscious effort.

Round off the meal with fruit and vegetables As you get used to consuming smaller meal portions you may start craving extra food with your meal. The answer is to add some extra salad or round of the meal with a piece of fruit



Perfect Portion Size Guide

75g Meat	A travel size pack of tissues	25g bread roll	A bar of soap
75g Fish	A chequebook	1 small bun	Round part of a light globe
3-4 tbsps beans	A tennis ball	Slice of cake	A pack of post-it notes
40g cheese	3 dice	1 tsp Butter	A postage stamp
2 heaped tbs rice	A full cupcake patty pan	Potato Chips	Tennis Ball
Mash potato	A drink coaster	Nuts/dried fruit	Golf ball



If you like big, go big on the healthy stuff. If you feel you need a bigger portion then load up on the veggies or salad or enjoy a steaming bowl of stock based soup. These water rich, low fat foods are low in kilojoules, so a big portion isn't the problem. Just watch what you dress the veggies or salad with!

When ordering food teach yourself to choose the smaller options (with the exception of veggies or salad) go for the small latte, 1/2 baguette instead of the bigger size.

Choose single serve Buy or make high kilojoule foods in individual serving sizes. Instead of family sized containers of ice-cream, buy single serve. Make cup cakes instead of a big cake. If you must buy snacks such as chips buy individual portions rather than a large bag. By doing this you can easily control your portion and kilojoule intake.