

How to portion your plate

A guide for lunch and dinner



1/2 vegetables

(non starchy)
Choose different types
and colours.

1/4 carbohydrate foods

Choose mostly wholegrain
or high fibre varieties.

1/4 lean meat and alternatives

Trim visible fat, remove
chicken skin.

cancersa.org.au

Refer to the Australian Dietary Guidelines
for information on how to eat a well balanced diet.

Healthy meal ideas

A healthy balanced diet will not only give you more energy and help you to maintain a healthy weight, it can also reduce your risk of some cancers, particularly of the gastrointestinal tract.



BREAKFAST	<ul style="list-style-type: none"> • choose wholemeal or wholegrain breads and cereals • top cereals with fruit • top grainy toast with nutritious spreads eg. eggs, tomato, avocado, peanut butter or baked beans 			
LUNCH	<ul style="list-style-type: none"> • choose wholemeal or wholegrain bread or crackers • include salad or vegetables 			
DINNER	<ul style="list-style-type: none"> • include plenty of vegetables • choose lean meats or meat alternatives, trim visible fat, remove chicken skin • choose high fibre grain foods 			
SNACKS	<ul style="list-style-type: none"> • choose a variety from the five food groups (e.g. fruit, vegetables, grainy crackers, low fat cheese and yoghurt, nuts and seeds) 			
LIMIT OR AVOID	<ul style="list-style-type: none"> • foods high in fat, sugar or salt • sugary drinks • alcohol 			

For these recipes and more head to <http://bit.ly/healthy-meal-ideas>