# 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.



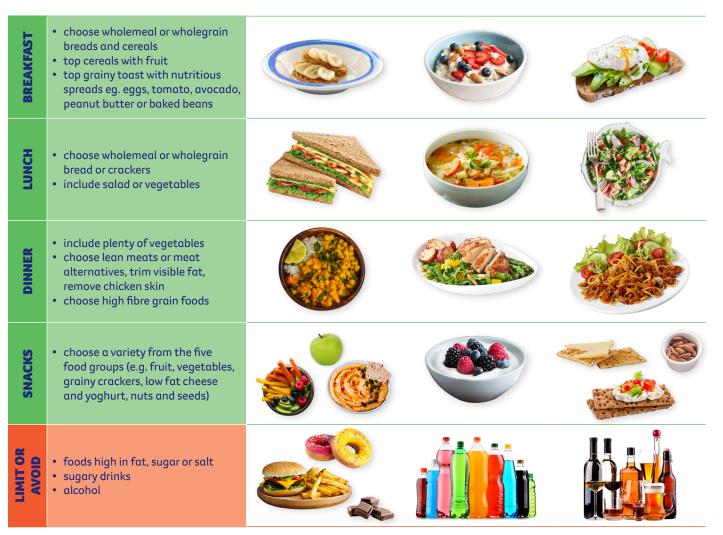
#### cancersa.org.au

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.





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