

# Portion plate guide

Use this guide to help you plan, prepare or when ordering a meal.

This includes serving sizes of:



**Lower GI carbohydrate:**

e.g. pasta, rice, bread, sweet potato, corn, lentils and legumes



**Lean protein:**

e.g. fish, seafood, tofu, egg, skinless chicken, lean meat



**Cooked or salad vegetables:**

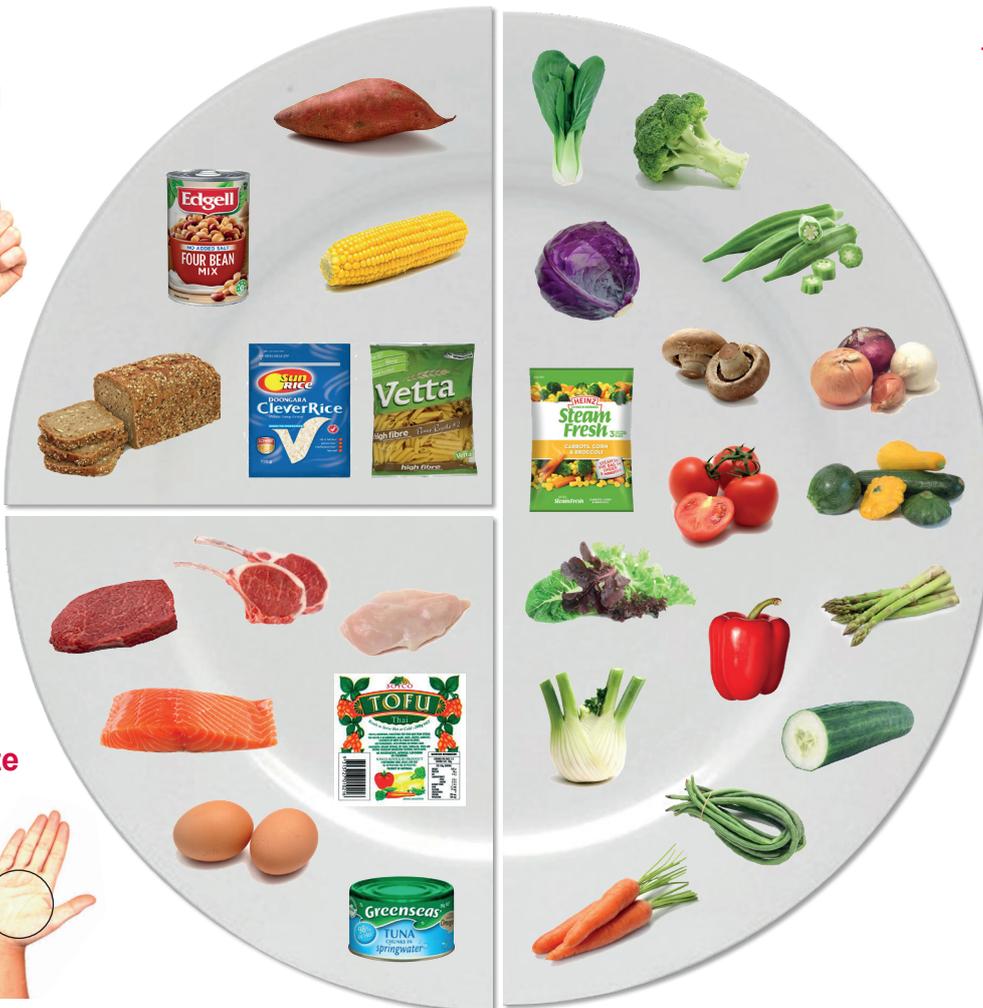
e.g. capsicum broccoli, carrot, spinach, eggplant, cucumber

## Plate guide

Fill half your plate with vegetables or salad, followed by lean protein and a lower glycaemic index (GI) carbohydrate.

**1/4 of your plate lower GI carbohydrate**

**Portion:**  
Fist size



**1/2 of your plate vegetables**

Raw or cooked

**Portion:**

2 open hands



**1/4 of your plate lean protein**

**Portion:**  
Palm size



**Include small amounts of healthy fats**

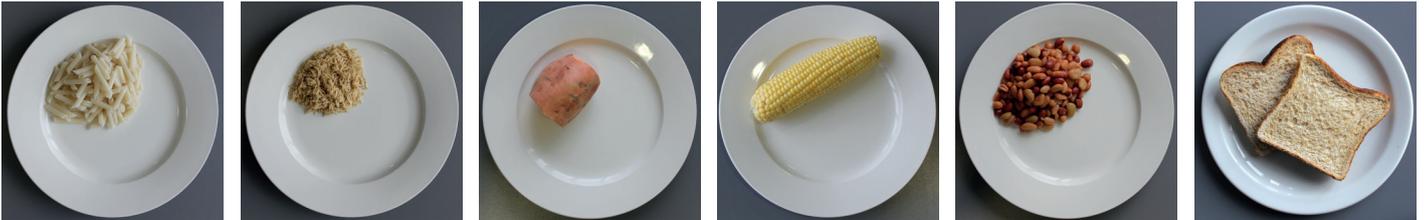


# Portion plate guide

## Lower GI carbohydrate

Choose one of:

- |                                       |                                       |
|---------------------------------------|---------------------------------------|
| • Pasta or noodle                     | 1/2–1 cup cooked                      |
| • Rice or grains                      | 1/2–1 cup cooked                      |
| • Sweet potato                        | 100–200g                              |
| • Corn                                | 1 cob or 1/2–1 cup corn kernels       |
| • Grain bread or wholemeal flat bread | 1–2 slices, or 1 chapatti or pita     |
| • Legumes or lentils                  | 1/2–1 cup or 75–150g cooked or canned |



## Lean protein

Choose one of:

- |                               |                                |
|-------------------------------|--------------------------------|
| • Lean meat: beef, lamb, pork | 150g raw or 120g cooked        |
| • Skinless chicken or turkey  | 150g raw or 120g cooked        |
| • Fish and seafood            | 170g raw or 150g cooked        |
| • Tofu                        | 170g                           |
| • Egg                         | 2 large                        |
| • Legumes or lentils          | 1 cup or 150g cooked or canned |



## Vegetables

- |                           |                    |
|---------------------------|--------------------|
| • Salad or raw vegetables | 2–3 cups or more   |
| • Cooked vegetables       | 1–1.5 cups or more |



## Healthy fats

- |                          |                   |
|--------------------------|-------------------|
| • Extra virgin olive oil | 1 tablespoon      |
| • Avocado                | 1/2 of an avocado |
| • Nuts and seeds         | 1 tablespoon      |



# Portion plate guide

## Meal examples



Chicken, vegetables and rice



Steak, vegetables and mash potato



Fish, salads and quinoa



Spaghetti bolognese and salad



Tofu, vegetables and noodles



Lentil and vegetable salad



Chicken curry, cooked vegetables, salad and chappati



Tofu, vegetables and rice



Meat, salads and rice



Cheese and salad sandwich



Egg and vegetable omelette with toast



Legume, vegetable and pasta soup

# Portion plate guide

## Get the right size plate

Most dinner plates and bowls are large which can make portion control a challenge. Having the right size plate makes it easier to avoid overfilling your plate and eating too much. Aim for your dinner plate or bowl to be **less than 25cm wide**.

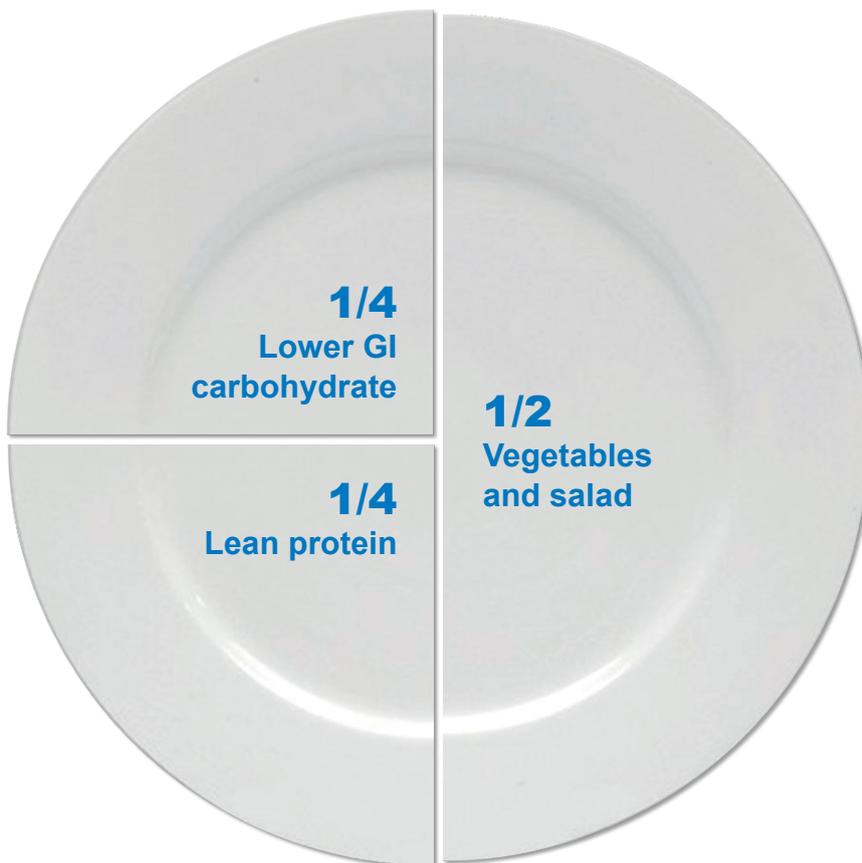


### Tips

- ✓ Plan your shopping to ensure you have the right balance of ingredients to serve on your plate. Bulk up recipes with extra vegetables.
- ✓ Choose a smaller serve and add a side salad to your favourite recipe.
- ✓ If your plate is more than 25cm wide, use an entree size plate instead.
- ✓ Choose water with your meals.



← 25cm →



Use the plate model as a guide when packing or ordering meals away from home

## More information

 Call us on **(03) 8532 1800** or  visit [www.baker.edu.au](http://www.baker.edu.au)



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Review date: 2024.