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.

- **¼ of your plate lower GI carbohydrate**
  - Portion: Fist size

- **¼ of your plate lean protein**
  - Portion: Palm size

- **½ of your plate vegetables**
  - Raw or cooked
  - Portion: 2 open hands

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
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.

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

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Review date: 2024.