

CARBS

**6+
A DAY**

Aim to eat mostly whole grains.
For people wanting to lose weight
4 serves a day may be enough.



1/2 cup cooked brown rice
= **TENNIS BALL**



3/4 cup cooked basmati or jasmine rice
= **FIST**



1 cup cornflakes
= **FIST**



1/2 cup cooked porridge
= **LIGHTBULB**



1/2 cup muesli
= **LIGHTBULB**

40g uncooked macaroni pasta
= **LIGHTBULB**

WHICH EQUALS



1 cup cooked macaroni pasta
= **BASEBALL**



1/2 large (75g) pita bread
= **SMARTPHONE**

1 toast slice
= **SMARTPHONE**



1 medium-sized potato (130-150g)
= **1 HANDFUL**



1 small kumara (130-150g)
= **1 HANDFUL**



1/2 corn cob
= **1 HANDFUL**

SERVING SIZE GUIDE

Ever wondered how much
a serving size is when it comes
to different foods?

We've taken these pictures
to help make it simple.

FRUIT

**2+
A DAY**



1 small apple
= **1 HANDFUL**



1 small banana
= **1 HANDFUL**



3-4 slices canned peaches
= **1 HANDFUL**



1 kiwifruit
= **1 HANDFUL**



1 small orange
= **1 HANDFUL**



1/2 cup blueberries, blackberries, boysenberries, raspberries or strawberries
= **LIGHTBULB**



1/2 cup chopped fruit salad
= **LIGHTBULB**

MILK & DAIRY PRODUCTS

**2-3
A DAY**

Always choose reduced-fat dairy.



1 pot of yoghurt
= **150ml**



1 cup trim milk
= **250ml**



40g reduced-fat cheddar cheese
= **BUSINESS CARD**



1 small milky coffee (eg. trim flat white)
= **250ml**

PROTEIN FOODS

**1+
A DAY**

Aim to eat fish 2-3 times each week and limit meat each week to around 750g raw weight.



red and white meats:
125-150g raw lean meat
= **SIZE AND THICKNESS OF YOUR PALM**



1 egg



125-150g raw fish
= **SIZE OF YOUR HAND**



120g tofu
= **SMARTPHONE**

NUTS, SEEDS & FATS

SMALL AMOUNTS

Choose unsaturated fats from nuts, seeds, spreads and oils.



1 teaspoon oil
= **1/2 WATER BOTTLE CAP**



1 teaspoon spread/butter
= **DICE**



25-30g nuts (as a snack)
= **1 HANDFUL**



40g hummus
= **GOLF BALL**



2 teaspoons seeds
= **DENTAL FLOSS DISPENSER**

VEGETABLES & LEGUMES

**3+
A DAY**

Even more vegetables are better: add more low-energy veges (eg. dark-green veges) rather than eating more starchy veges (eg. potato and kumara).



1 small capsicum or 1/2 large
= **1 HANDFUL**



1 carrot
= **1 HANDFUL**



1 tomato
= **1 HANDFUL**



1 onion
= **1 HANDFUL**



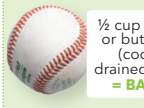
1 cup raw leafy vegetables or sprouts
= **2 HANDFULS**



1/2 cup chopped vegetables
= **TENNIS BALL**



1/2 cup baked beans
= **BASEBALL**



1/2 cup chickpeas or butter beans (cooked or drained from can)
= **BASEBALL**

SWEETS & OTHER TREATS

LIMIT

It's not a treat if we have it every day!



75g brownie
= **1/2 YOUR PALM**

2 gingersnaps



1 small muffin
= **TENNIS BALL**



30g potato chips
= **TENNIS BALL**



30g dark chocolate
= **MATCHBOX**

Note: if you are weighing vegetables and fruit, around 80g is one serve of vegetables, or fresh, frozen or canned fruit.