



Make portion control
a daily way of life.

1 typical day		STARCH	VEGETABLES & FRUIT	FISH, CHICKEN LEAN MEAT OR EGGS	DRY BEANS, SPLIT PEAS, LENTILS AND SOYA	LOW-FAT MILK, MAAS OR YOGHURT	WATER	FATS
<i>Female</i> 	Breakfast							
	Snack							
	Lunch							
	Snack							
	Dinner							
<i>Male</i> 	Breakfast							
	Snack							
	Lunch							
	Snack							
	Dinner							

Examples of portion sizes



- = STARCH - 1 slice brown bread or 1/2 cup cooked porridge or breakfast cereal or rice or pasta or 1 medium sweet potato or 1 medium potato
- = VEGETABLES & FRUIT - 1/2 cup cooked or 1 cup salad. Fruit = 1 medium piece or 1/2 large piece or 1/2 cup chopped fruit.
- = FISH, CHICKEN, LEAN MEAT OR EGGS - meat to fit in the palm of the hand or 1 large piece of fish or a matchbox size yellow cheese or 2 large eggs.
- = DRY BEANS, SPLIT PEAS, LENTILS AND SOYA - 1/2 cup tinned baked beans or 1/2 cup cooked lentils or 1/2 cup cooked dry beans
- = LOW-FAT MILK, MAAS OR YOGHURT - 1 cup (200ml) low-fat or fat-free milk or maas or yoghurt (100ml)
- = WATER - 6-8 glasses of water per day
- = FATS - 1 tsp soft margarine or sunflower oil or 1 tsp peanut butter