



# What Is A Portion Size?

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A portion size is the amount of food that you put on your plate, that you plan to eat in one sitting. Depending on the food, your portion size may be one or more servings according to the Australian Dietary Guidelines. For instance, if you eat a whole apple as one portion, that equals one serving of vegetables and fruit. However, if you eat a sandwich with two pieces of bread (one portion), you're eating two servings of grain products since each slice of bread is one serving.

It is important for weight control and essential for weight loss to think about your portion size. We tend to ignore our bodies signals of hunger and satiety (satisfaction) until we've eaten too much and are overfull. Eat slowly, 'mindfully' without distractions like TV and give your body time to give you feedback. Put your cutlery down between mouthfuls when you're chewing, or sip water in between swallows to slow your pace. Concentrate on how a food looks, smells and tastes. By eating 'mindfully', you will enjoy food more and end up needing less to feel satisfied.

### Perfect portions – Main Meals

**½ of your plate should be vegetables (think variety and colour!)**

**¼ of your plate should be good-quality carbohydrates – such as potato, wholegrain pasta, brown rice, couscous, quinoa**

**¼ of your plate should be lean protein, like lean meat, poultry, eggs or legumes.**

### What is a serve?

**Vegetables; A standard serve is about 75g (100–350kJ) or:**

- ½ cup cooked green or orange vegetables (broccoli, spinach, carrots or pumpkin)
- ½ cup cooked dried or canned beans, peas or lentils (preferably with no added salt)
- 1 cup green leafy or raw salad vegetables
- ½ cup sweet corn
- ½ medium potato or other starchy vegetables (sweet potato, taro or cassava)
- 1 medium tomato



**Fruit; A standard serve is about 150g (350kJ) or:**

- 1 medium apple, banana, orange or pear
- 2 small apricots, kiwi fruits or plums
- 1 cup diced or canned fruit (no added sugar)

Or only occasionally:

- 125ml (½ cup) fruit juice (no added sugar)
- 30g dried fruit (for example, 4 dried apricot halves, 1½ tablespoons of sultanas)

**Grains; A standard serve is (500kJ) or:**

- 1 slice (40g) bread
- ½ medium (40g) roll or flat bread
- ½ cup (75-120g) cooked rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulgur or quinoa
- ½ cup (120g) cooked porridge
- ⅔ cup (30g) wheat cereal flakes
- ¼ cup (30g) muesli
- 3 (35g) crispbreads
- 1 (60g) crumpet
- 1 small (35g) English muffin or scone

**Lean meat and poultry, fish, eggs, nuts, seeds and legumes; A standard serve is (500–600kJ) or:**

- 65g cooked lean red meats such as beef, lamb, veal, pork, goat or kangaroo (about 90-100g raw)
- 80g cooked lean poultry such as chicken or turkey (100g raw)
- 100g cooked fish fillet (about 115g raw) or one small can of fish
- 2 large (120g) eggs
- 1 cup (150g) cooked or canned legumes/beans such as lentils, chick peas or split peas
- 170g tofu
- 30g nuts, seeds, peanut or almond butter or tahini or other nut or seed paste (no added salt)

**Milk, yoghurt, cheese and/or alternatives; A standard serve is (500–600kJ) or:**

- 1 cup (250ml) fresh, UHT long life, reconstituted powdered milk or buttermilk
- ½ cup (120ml) evaporated milk
- 2 slices (40g) or 4 x 3 x 2cm cube (40g) of hard cheese, such as cheddar
- ½ cup (120g) ricotta cheese
- ¾ cup (200g) yoghurt
- 1 cup (250ml) soy, rice or other cereal drink with at least 100mg of added calcium per 100ml

**Sweet and salty treats; One serve (600kJ) is:**

- Two scoops regular ice-cream
- 2-3 sweet biscuits
- 25g chocolate
- 12 fried hot chips
- 5-6 small lollies
- 1 small slice (40g) plain cake
- 30g salty crackers

## Evie's Eats - Stuffed Eggplant with Beef Mince (serves 6)

### Ingredients:

- 500g lean beef mince
- 6 eggplants
- 1 fresh tomato (sliced to place on top of eggplants)
- 1 brown onion, finely chopped
- 2 crushed garlic cloves
- 1 chilli (optional)
- 1 tin diced tomatoes
- 1 tablespoon tomato paste
- 1 tablespoon olive oil
- 1 cup of water
- Handful of chopped up parsley
- Salt & freshly ground black pepper

### Method:

1. Pre heat oven to 160 degrees.
2. Wash and slice eggplants across without cutting them all the way through.
3. In an oven dish put a little bit of water, cover eggplants with foil and cook in oven for 30 min or until eggplants are quite tender. (Not too soft, as you will be cooking them up).
4. In the meantime, heat oil in a large saucepan over medium-high heat.
5. Add onion, garlic and chilli and sauté until soft.
6. Add mince and cook, stirring to break up any lumps, for 5 minutes or until mince changes colour.
7. Add tinned tomatoes, tomato paste and water.
8. Bring to the boil, reduce heat to low corner with a lid and cook stirring occasionally, for 30 minutes or until sauce thickens. Taste and season with salt and pepper and stir through the parsley.
9. Once eggplants are cooked, wait till they cool down a little and spoon mince mixture in the eggplant.
10. Top with a slice and fresh tomato, cover with foil and bake again for 40min. Serve immediately. Enjoy!



## Quote of the Month - Nothing changes if nothing changes!



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Take control your life, be happy! – rock on!

Till next month... *Evie*