



What is the right portion?

March 2017

What Is The Right Portion?

1. Perfect portions – Main Meals

Getting your portions right at breakfast, lunch and dinner can make a real difference to your weight and your health. Main meals are all about maximising nutrition with the right foods while keeping kilojoules check. Get the balance right when plating up meals at home with this simple rule of thumb:

- $\frac{1}{2}$ of your plate should be vegetables (think variety and colour)
- $\frac{1}{4}$ of your plate should be good-quality carbohydrates – such as sweet potato, wholegrain pasta, brown rice, couscous or quinoa
- $\frac{1}{4}$ of your plate should be lean protein, like lean meat, poultry, eggs or tofu or legumes.

2. Portable portions – Daily Snacks (morning tea, afternoon tea, supper)

One serve is:

- Fruit – medium banana, apple orange, 2 small fruits (kiwi fruits, small apricots), 30g of dried fruit (4 dried apricots, 1 $\frac{1}{2}$ tablespoons of dried fruit), $\frac{1}{2}$ glass of juice
- Yoghurt – 200g, or try 1 cup (250mls) of milk (choose mostly reduced fat)
- 2 large, or 4 small wholegrain crackers – enjoy with tomato, hummus, tuna, salsa or a small amount of cheese or avocado
- A 'handful' of nuts (30g) – i.e. 10 almonds or peanuts, 15 cashews or 9 walnuts



Recipe of the month

Evie's Eats

Bean & Roast Vegetable Salad

(Serves 4-6)

Ingredients:

- 1 medium red capsicum, thickly sliced
- 1 medium yellow capsicum, thickly sliced
- 2 medium zucchinis, cut diagonally into 1cm-thick slices
- 100g button mushrooms, halved
- 1 medium red onion, cut into wedges
- 1 tablespoon olive oil
- 2 tablespoons balsamic vinegar
- 2 garlic cloves, crushed
- 250g cherry tomatoes
- 200g green beans, trimmed
- 2 tablespoons pine nuts, toasted



Method:

1. Preheat oven to 200°C/180°C. Place capsicum, zucchini, mushrooms and onion in a large baking dish.
2. Combine oil, vinegar and garlic in a bowl. Drizzle over vegetables. Toss to coat.
3. Roast for 20 minutes. Add tomatoes. Roast for 15 minutes or until vegetables are tender and tomatoes are starting to collapse.
4. Meanwhile, bring a large saucepan of water to the boil over high heat. Cook beans for 3 minutes or until bright green and just tender. Drain. Refresh in a bowl of iced water. Drain. Pat dry with paper towel.
5. Add beans to vegetable mixture. Toss to combine. Sprinkle with pine nuts. Season with salt and pepper. Serve and enjoy!

Quote of the month

Difficult roads often lead to beautiful destinations!



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

Till next month... *Evie*