

BALANCED PLATE RULE

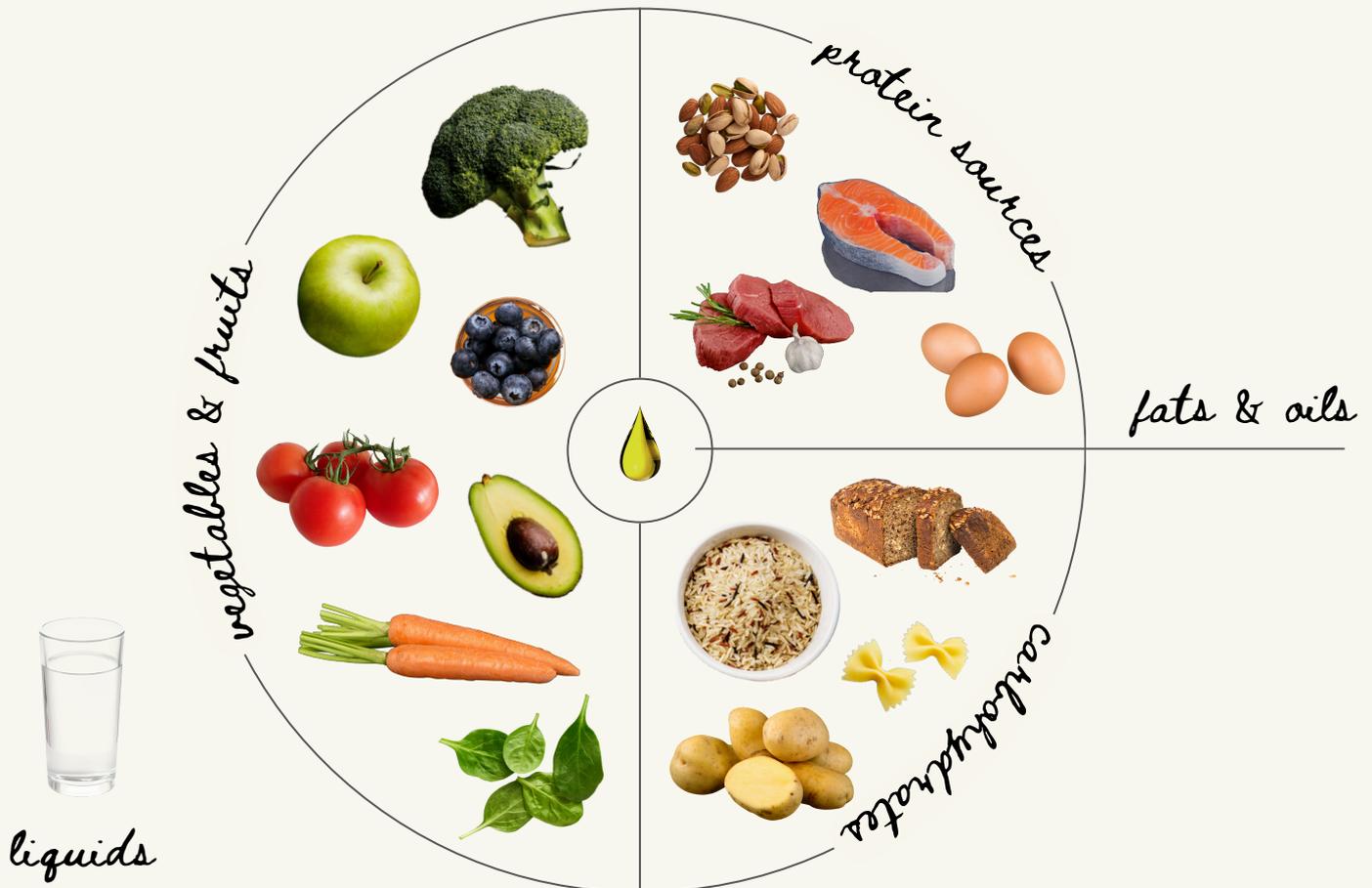
your guide for creating balanced meals

VEGETABLES & FRUITS

Add a variety of colourful vegetables: Fill half of your plate with a variety of colourful vegetables like broccoli, carrots, capsicum, a salad, or dark greens.

SPICE IT UP

Add toppings with flavour: Add herbs, spices, or a healthy sauce without added sugar or unhealthy fats to boost your dish's flavour profile.



CARBOHYDRATES

Select a healthy carbohydrate source such as whole grains like brown rice, quinoa, whole wheat bread, or starchy vegetables like sweet potatoes or pumpkin. The amount of carbs should be about the size of your fist.

PROTEIN SOURCES

Start with a lean protein source: Choose a protein source such as chicken breast, turkey, fish, tofu, eggs, or beans. Aim for a portion that is about the size of your palm.

FATS & OILS

Nuts, avocados and vegetable oils.

LIQUIDS

Water, coffee, tea and other liquids.