

Tips to help you Balance your plate

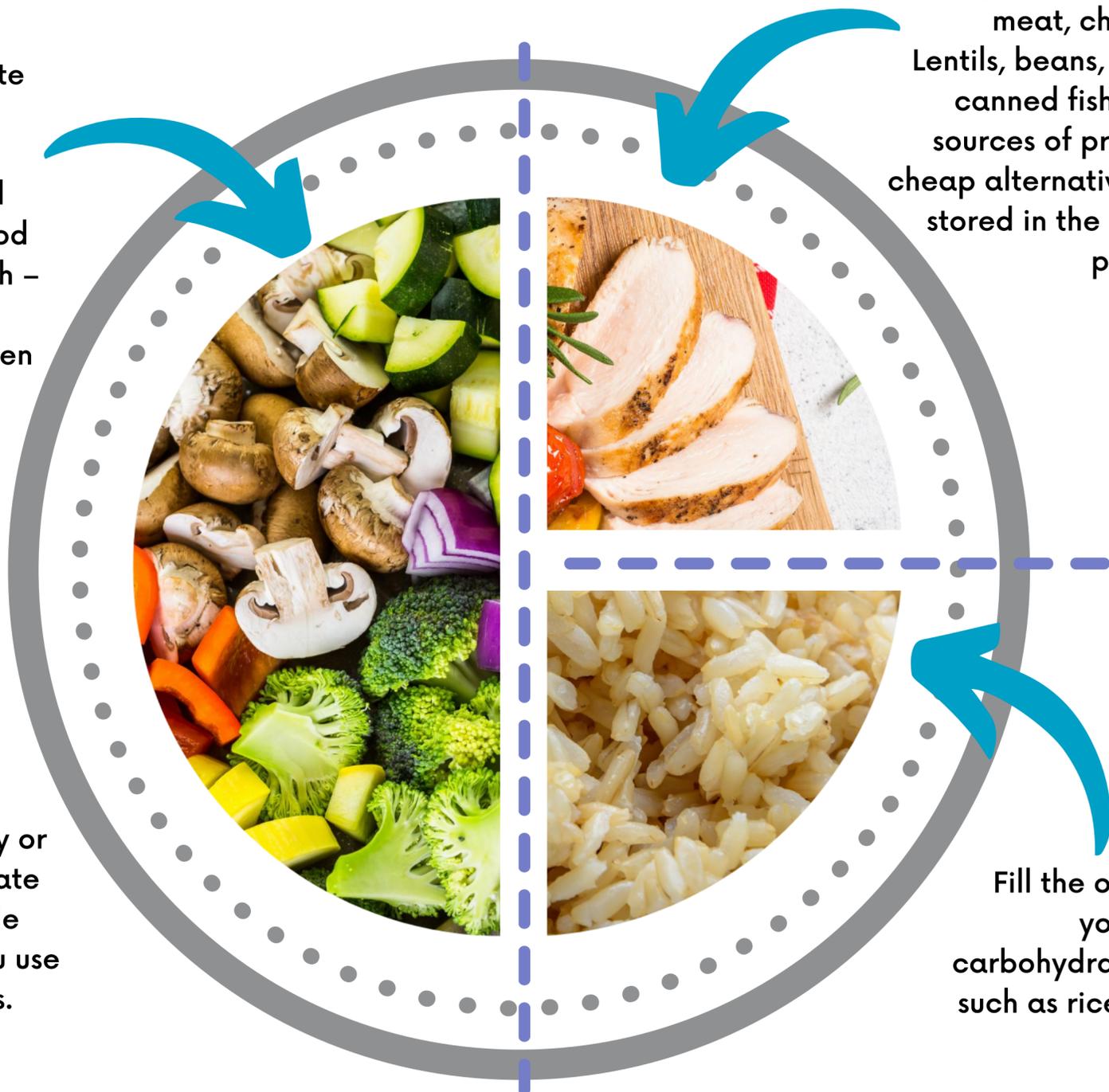
Eating delicious healthy food helps us go about our day with more ease and energy. Creating an enjoyable healthy and balanced meal can be made easy by following the healthy plate model.

Fill half of your plate with colourful vegetables. Frozen and canned vegetables are good alternatives to fresh – equally nutritious, convenient and often cheaper.

When making mixed dishes such as stir-fry or curry, the healthy plate model can help guide what ingredients you use and in what amounts.

Fill one quarter of your plate with protein such as lean red meat, chicken or eggs. Lentils, beans, chickpeas and canned fish are also good sources of protein. They are cheap alternatives and can be stored in the pantry for long periods of time.

Fill the other quarter of your plate with a carbohydrate-based food such as rice, pasta, bread or potato.



Add a small portion of healthy fats such as extra virgin olive oil, avocado, nuts or seeds to your meal.



Add a glass of water.

