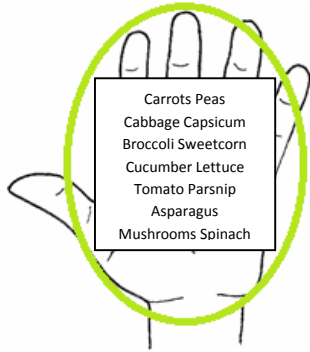


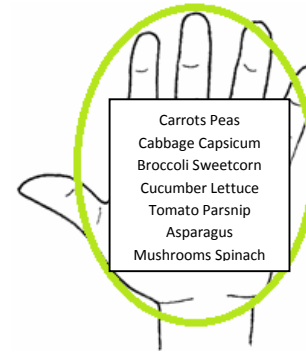
The 'Handbook'



Carrots Peas
Cabbage Capsicum
Broccoli Sweetcorn
Cucumber Lettuce
Tomato Parsnip
Asparagus
Mushrooms Spinach

VEGETABLES

Your whole hand laid out flat with fingers together.
This represents the amount of vegetables that should be on your plate



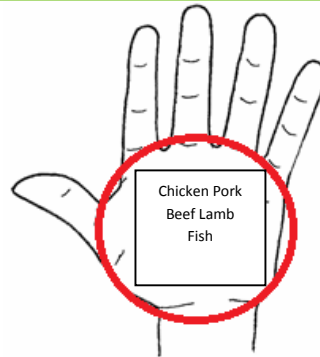
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The 'Handbook'

VEGETABLES

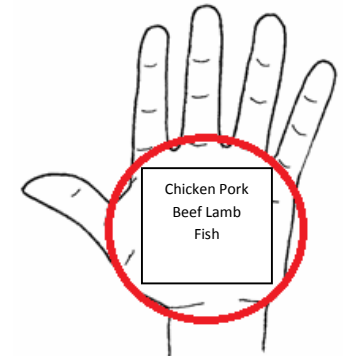
Your whole hand laid out flat with fingers together.
This represents the amount of vegetables that should be on your plate

MEAT
The palm of your hand laid out flat.
This part of your plate is for the meat.

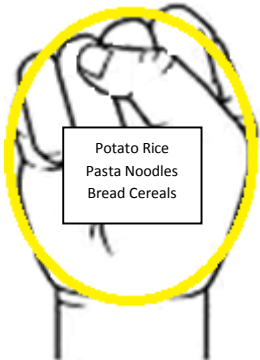


Chicken Pork
Beef Lamb
Fish

MEAT
The palm of your hand laid out flat.
This part of your plate is for the meat.



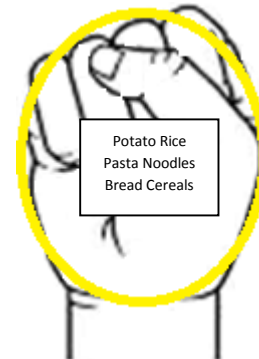
Chicken Pork
Beef Lamb
Fish



Potato Rice
Pasta Noodles
Bread Cereals

CABOHYDRATES

Your whole fist.
This represents the amount of carbohydrates that should be on your plate.



Potato Rice
Pasta Noodles
Bread Cereals

CABOHYDRATES

Your whole fist.
This represents the amount of carbohydrates that should be on your plate.

HINT

The thickness of your hand matters too. Don't forget to look at the size of your hand from the side too.....this is a good indication of how thick the portion should be. Don't cheat yourself by piling your food up!

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The thickness of your hand matters too. Don't forget to look at the size of your hand from the side too.....this is a good indication of how thick the portion should be. Don't cheat yourself by piling your food up!