



Patient Education

Healthy servings

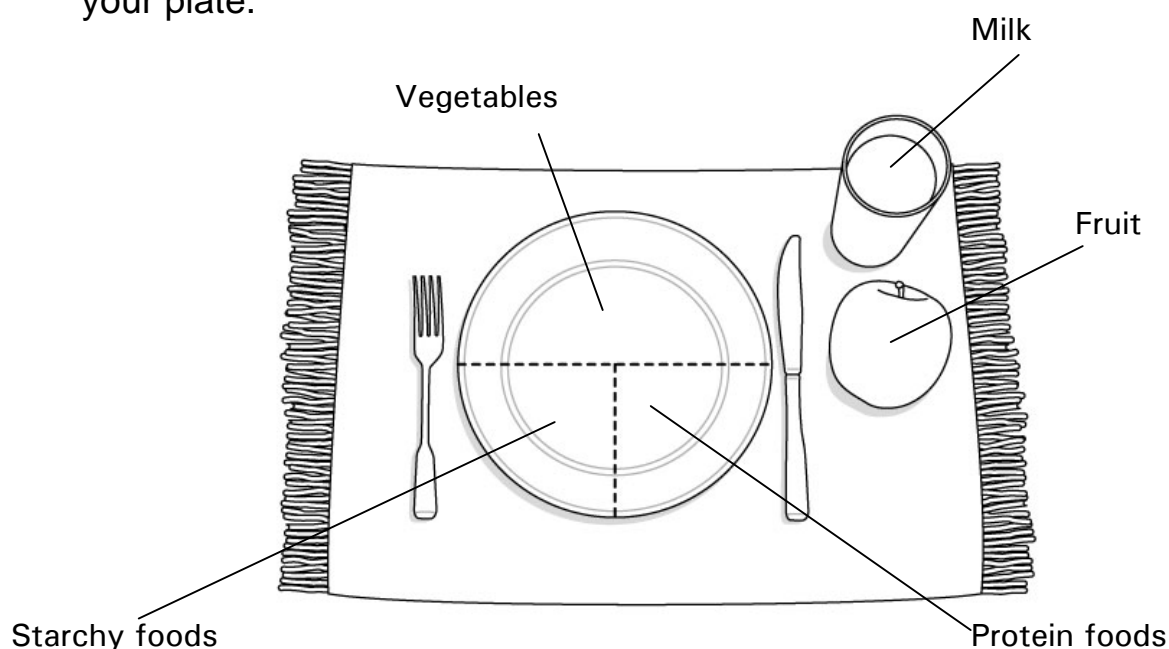
The serving sizes of foods and drinks have grown at restaurants over the last few decades. This trend makes it hard to know what healthy servings look like. Eating healthy servings can help you in your efforts to lose weight. This handout will show you what size servings are right for you.

What do healthy servings look like?

Before you put food on your plate, in your mind divide your plate into 4 equal parts:

- Fill $\frac{1}{2}$ of your plate with vegetables. Vegetables contain fibre, plenty of vitamins and minerals, and are low in calories.
- Fill $\frac{1}{4}$ of your plate with starchy foods such as rice, noodles or potatoes.
- Fill the other $\frac{1}{4}$ of your plate with protein foods such as fish, lean meats, low fat cheeses, eggs or meatless protein choices like legumes, beans or tofu.
- Have a glass of milk and a piece of fruit to complete your meals.

Use this picture as a guideline to help you keep healthy servings on your plate.



Still not sure how much to eat?

See the sample meals listed on the next 2 pages. The charts give you examples of healthy food choices and serving sizes.

Your dietitian will help you choose the plan that is suitable for you. This will depend on your age, gender, body size and activity level.

Non-vegetarian healthy servings

Plan 1 (1200 calories)	Plan 2 (1500 calories)	Plan 3 (1800 calories)
Breakfast		
Whole wheat toast (1 slice) Peanut butter (1 tbsp) Banana (1 small) Skim milk (1/2 cup)	Whole wheat toast (1 slice) Cereal (1/2 cup) Peanut butter (1 tbsp) Banana (1 small) Skim milk (1 cup)	Whole wheat toast (2 slices) Cereal (1/2 cup) Peanut butter (1 tbsp) Banana (1 small) Skim milk (1 cup)
Lunch		
Sandwich Whole grain bread (2 slices) Lean meat, chicken or fish (2 oz) Sliced tomato, lettuce Low fat mayonnaise (1 tbsp) Skim milk (1/2 cup) Orange (1 small)	Sandwich Whole grain bread (2 slices) Lean meat, chicken or fish (2 oz) Sliced tomato, lettuce Low fat mayonnaise (1 tbsp) Skim milk (1/2 cup) Carrot sticks, 10 small Orange (1 small)	Sandwich Whole grain bread (2 slices) Lean meat, chicken or fish (2 oz) Sliced tomato, lettuce Low fat mayonnaise (1 tbsp) Skim milk (1/2 cup) Carrot sticks, 10 small Orange (1 small)
Afternoon snack		
Social tea cookies (2)	Social tea cookies (2)	Social tea cookies (2) Melon, cut up (1 cup)
Supper		
Grilled chicken breast, fish or lean meat (2 oz) Baked potato (1 medium) Carrots (1/2 cup) Green beans (1/2 cup) Green salad with 1 tbsp low calorie dressing Low fat fruit yogourt, unsweetened (1/2 cup) Margarine (1 tsp)	Grilled chicken breast, fish or lean meat (2 oz) Baked potato (1 medium) Carrots (1/2 cup) Green beans (1/2 cup) Green salad with 1 tbsp low calorie dressing Low fat fruit yogourt, unsweetened (1/2 cup) Margarine (1 tsp)	Grilled chicken breast, fish or lean meat (3 oz) Baked potato (1 medium) Whole wheat dinner roll Carrots (1/2 cup) Green beans (1/2 cup) Green salad with 1 tbsp low calorie dressing Low fat fruit yogourt, unsweetened (1/2 cup) Margarine (1 tsp)
Evening snack		
Soda crackers (6)	Soda crackers (6)	Soda crackers (6) Cheddar cheese (1 oz)

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Vegetarian healthy servings

Plan 1 (1200 calories)	Plan 2 (1500 calories)	Plan 3 (1800 calories)
Breakfast		
Cereal (1/2 cup) Skim or soy milk (1/2 cup) Cantaloupe or berries (1 cup)	Whole wheat toast (1 slice) Cereal (1/2 cup) Skim or soy milk (1/2 cup) Cantaloupe or berries (1 cup) Peanut butter (1 tbsp)	Whole wheat toast (1 slice) Cereal (1 cup) Skim or soy milk (1/2 cup) Cantaloupe or berries (1 cup) Peanut butter (1 tbsp)
Lunch		
Black bean soup (1 cup) Whole wheat bread (1 slice) Soy cheese (1 oz) Skim or soy milk (1/2 cup) Kiwi (1)	Black bean soup (1 cup) Whole wheat bread (1 slice) Soy cheese (1 oz) Skim or soy milk (1/2 cup) Kiwi (1)	Black bean soup (1 cup) Whole wheat bread (1 slice) Soy cheese (2 oz) Skim or soy milk (1/2 cup) Kiwi (1)
Afternoon snack		
Cashews (1/4 cup)	Cashews (1/4 cup)	Cashews (1/4 cup) Banana (1 small)
Supper		
Stir fry Rice, cooked (2/3 cup) Tofu (1/2 cup) Asparagus, celery, carrots, red peppers (2 cups) Olive oil (2 tsp) Soy sauce, light (2 tsp) Vegetable broth, salt-reduced (1 tbsp) Skim or soy milk (1/2 cup)	Stir fry Rice, cooked (2/3 cup) Tofu (1/2 cup) Asparagus, celery, carrots, red peppers (2 cups) Olive oil (2 tsp) Soy sauce, light (2 tsp) Vegetable broth, salt-reduced (1 tbsp) Skim or soy milk (1/2 cup)	Stir fry Rice, cooked (2/3 cup) Tofu (1/2 cup) Asparagus, celery, carrots, red peppers (2 cups) Olive oil (2 tsp) Soy sauce, light (2 tsp) Vegetable broth, salt-reduced (1 tbsp) Whole wheat roll (1) Skim or soy milk (1/2 cup) Margarine (1 tsp)
Evening snack		
Soda crackers (4)	Soda crackers (4) Hummus (1/4 cup)	Soda crackers (4) Hummus (1/4 cup)