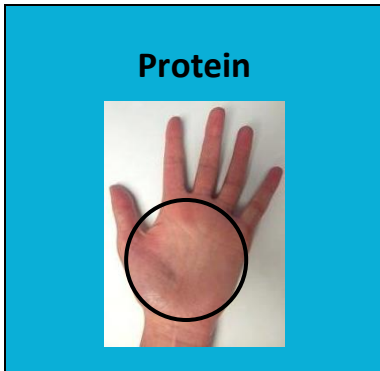
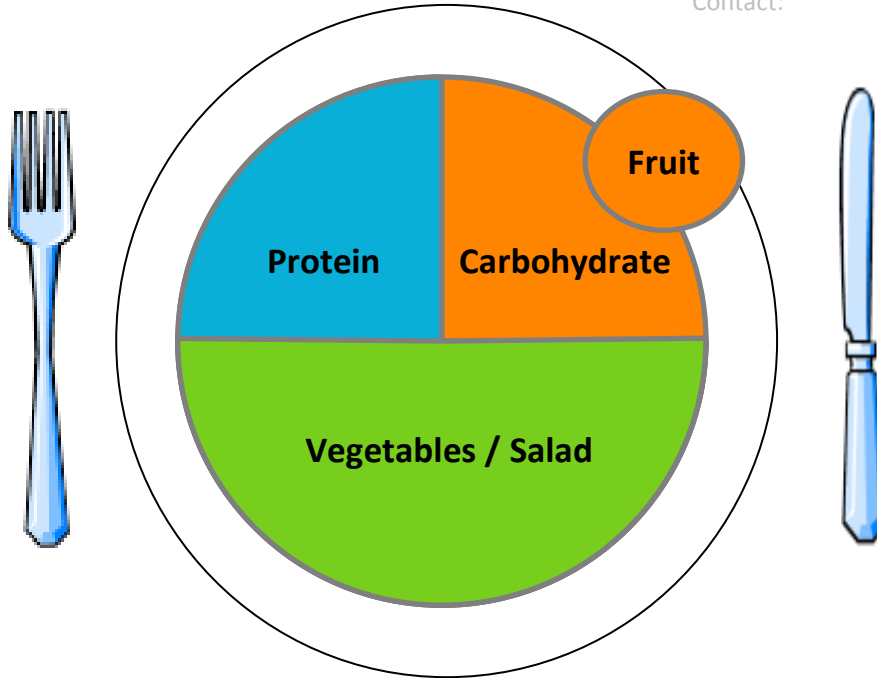




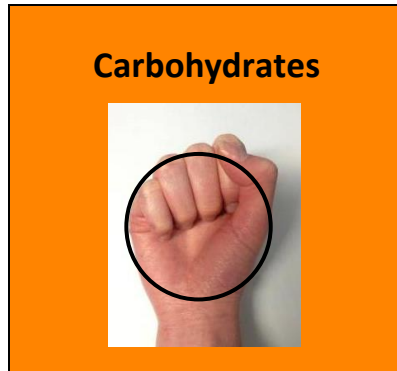
Healthy Eating Plate

Patient Name:
Health Professional Name:
Designation:

Date:
Contact:



Protein
Aim for a **palm size** serve of protein e.g. chicken, fish, tofu, meat **OR** a handful of lentils or beans **OR** 2-3 eggs.



Carbohydrates
Aim for a **fist size** serve of carbohydrates e.g. kumara, potato, rice, taro, yam, pasta, grains, green banana, noodles or bread (1-2 slices). You can **include** a piece/handful of fruit.



Vegetables / Salad
Aim for **2 handfuls** of vegetables or salad e.g. broccoli, carrots, spinach, watercress, puha, courgette, cauliflower, tomato, cucumber, eggplant, lettuce or cabbage.

This nutrition information has been developed for use by Te Whatu Ora Health New Zealand – Waitematā Dietitians. It may be used by other healthcare professionals if appropriate training has been given. Please consult Te Whatu Ora Health New Zealand – Waitematā Dietitians if you have questions about using this information.

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Authorised by	Professional & Clinical Leader, Dietetics	Review Period	36mths	Page	Page 1 of 1

This information is correct at date of issue. Always check in controlled documents that this copy is the most recent version.