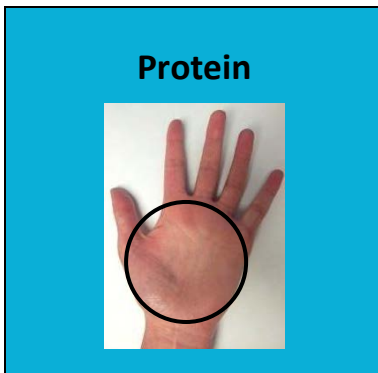
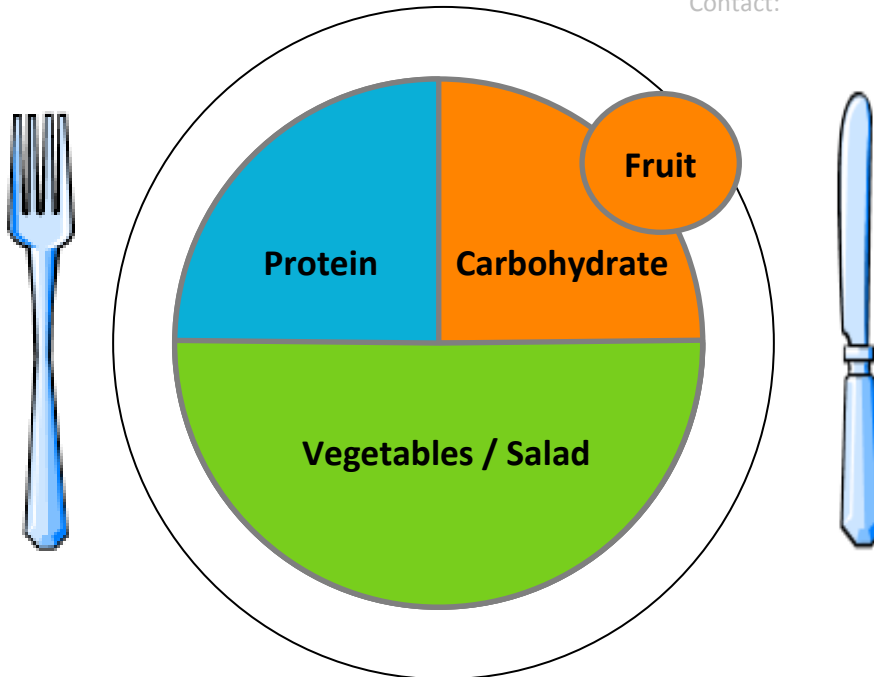


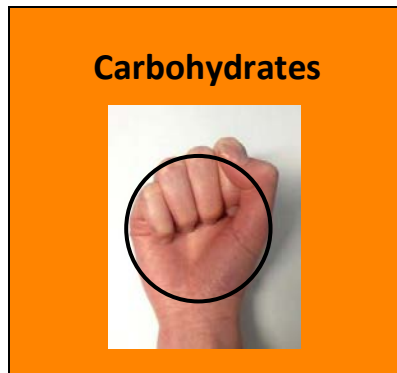
Healthy Eating Plate

Patient Name:
 Health Professional Name:
 Designation:

Date:
 Contact:



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.



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.



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 Waitematā DHB Dietitians. It may be used by other healthcare professionals if appropriate training has been given. Please consult Waitematā DHB Dietitians if you have questions about using this information.

Issued by	Dietetics	Issued Date	March 2021	Classification	I7 4101-08-002
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 the relevant Waitematā DHB policy manual that this copy is the most recent version.