



Healthy Eating Plate

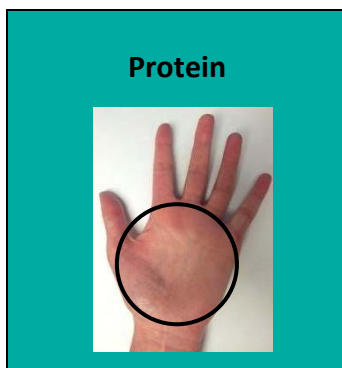
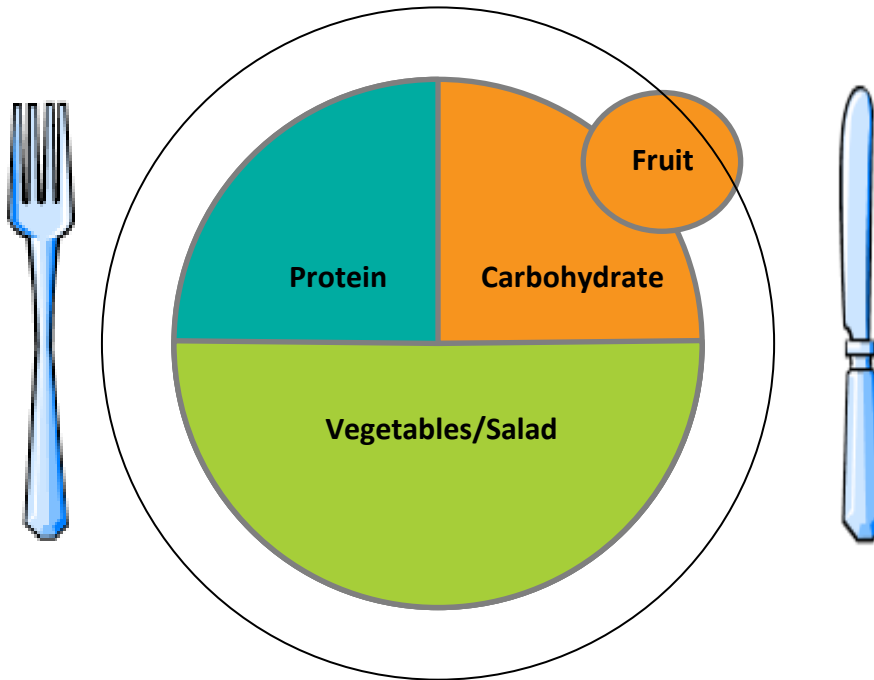
Patient Name:

Date:

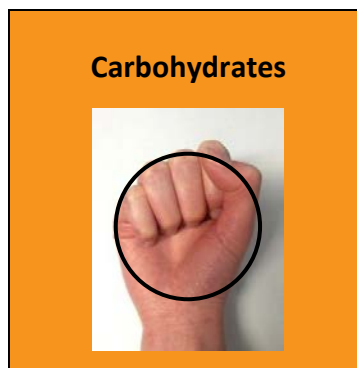
Health Professional Name:

Designation:

Contact:



Aim for a **palm size** serve of meat, chicken, eggs, fish, tofu, lentils or beans.



Aim for a **fist size** serve of potato, kumara, taro, rice, pasta, bread, green banana, yam or noodles. You can include **a piece** of fruit



Aim for **2 handfuls** (or half your plate) of vegetables or salad.

This nutrition information has been developed for use by Waitemata DHB Dietitians. It may be used by other healthcare professionals if appropriate training has been given. Please consult Waitemata DHB Dietitians if you have questions about using this information.

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This information is correct at date of issue. Always check in the relevant Waitemata DHB policy manual that this copy is the most recent version.