

# Chapter 2: Introducing the tools

The Great Ideas in Nutrition Portion Perfection Plates and Bowls serve as self-monitoring tools to help encourage healthy eating and weight control.



The tools address three common issues:

## 1. Portion size

Whether you're trying to lose weight or just avoid gaining weight, portion control is a valuable tool.

## 2. Nutritional balance

Getting the right things on your plate to get what you need is easy with the plate system.

## 3. Eating awareness

By being fully aware of what you are eating, and eating in a 'conscious' way, you will find satisfaction for your mind as well as your stomach. This involves savouring your food and slowing down your eating so you feel satisfied with the smaller quantity.

# Chapter 5: Food guide basics

Welcome to the food guide. This section is divided into meals, starting with breakfast, and moving on through snacks, which are morning tea, afternoon tea and supper, then onto lunch and dinner.

## To get started:

1. Identify which Calorie intake is right for you using the table below. The colour codings in the table are used throughout, so familiarise yourself with your colour.

	Women and inactive teens	Men and active teens
To lose weight	1300 Cals / 5460 kJ ✓	1600 Cals / 6720 kJ ✓
To maintain weight	1800 Cals / 7560 kJ ✓	2200 Cals / 9240 kJ ✓

2. Move to the appropriate section of the Food Guide for the meal of choice, for example, breakfast on page 41.
3. Select a menu option (note the recommended limits on occasional choices on page 29), and turn to that page.
4. Note the appropriate portion serve for your recommended Calorie intake and prepare your meal accordingly.

Everyday choices have a green border on the page and occasional choices have a purple border.

Note the hints and tips for recipe selection. Recommended recipe books can be found at [www.greatideas.net.au](http://www.greatideas.net.au) under books, then choose the 'weight loss and cookbooks' category. Additional resources can be found in the Appendices at the back of this book.

**Now you're ready to perfect your portions! Enjoy!**

### Remember:

- ✓ for meals and snacks contributing to a total of 1300 Cals / 5460 kJ per day
- ✓ for meals and snacks contributing to a total of 1600 Cals / 6720 kJ per day
- ✓ for meals and snacks contributing to a total of 1800 Cals / 7560 kJ per day
- ✓ for meals and snacks contributing to a total of 2200 Cals / 9240 kJ per day

# breakfast

This is the most socially acceptable time of day to eat fibre, so don't miss the boat. The highest fibre choice is a high-fibre cereal or baked beans on toast. Breakfast kick-starts the metabolism and there is clear evidence that concentration levels are improved in the mornings following breakfast. We also know that those who skip breakfast end up eating more Calories than those who eat first thing in the morning.




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## everyday menu

Toast and topping  
Milk, fruit and cereal  
Yoghurt and fruit  
Smoothie  
Fruit salad

## occasional menu

Bacon and eggs  
Pancakes  
Crumpets  
Bagels  
Croissant  
Fast food

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Add your own favourites by calculating the appropriate serve from Allan Borushek's *Pocket Calorie, Fat and Carbohydrate Counter*.

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# everyday breakfast

## toast and toppings

Toast can be a great way to start the day, but is it Calorie-wise to have juice and a cappuccino with it? Consider the components of a toast-based breakfast to be the bread, the toppings and drinks that accompany the toast (Add Ons), and other choices that won't significantly add to the Calories but enhance the meal. Refer to the table below to determine the right amount for you. For example, a 400 Calorie / 1680 kJ breakfast could consist of 2 slices of grainy toast with 3 tsp of margarine, 2 tsp of vegemite, a glass of fruit juice and a cup of white tea.

Meal components

Cals / kJ	Breads (100 Cals / 420 kJ)	Add Ons (100 Cals / 420 kJ)	Free Foods (<20 Cals / 85 kJ)
<b>300 / 1260</b> ✓	2	1	1
<b>400 / 1680</b> ✓✓	2	2	2
<b>500 / 2100</b> ✓	3	2	2

### Toast (100 Cals / 420 kJ)

#### Lower GI



1 slice (30 g) multigrain bread



½ wholegrain or fruit English muffin



1 slice (30 g) low GI white bread



1 slice (30 g) raisin bread

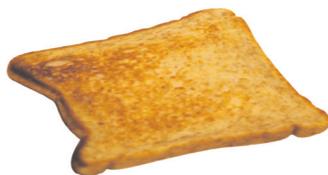


Stoneground wholemeal or sourdough rye



4 grainy corn/rice cakes

#### Higher GI



Wholemeal



White



**TIP**  
Learn to count Calories by the 100s. 100 Cals / 420 kJ in each slice of bread, 100 Cals / 420 kJ in each 'Add On', 100 Cals / 420 kJ in each food in the 100 Cal snack lists.

# everyday breakfast

## toast and toppings *continued*

**Add Ons (100 Cals / 420 kJ)**

\* For more 'Add Ons' serves refer to Appendix 2



Cottage cheese ½ cup, 120 g



3 tsp spread



Mince, ¼ cup, 55 g



⅓ avocado (60 g)



Yoplait Forme, 175 g



3 tsp peanut butter



1 slice cheese, 20 g



2 small eggs, poached or boiled



Cream cheese, 1 tbsp



130 g baked beans



125 g corn



1 hot skim milk drink, 200 ml



Fruit juice, 200 ml



Skim milk, 200 ml



1 banana

**Free foods (< 20 Cals / 85 kJ)**

\* For more 'free food' serves refer to Appendix 3



1 tsp honey



Mushrooms, 60 g



Tomato, 100 g



5 strawberries



1 tsp jam



2 tsp yeast extract



2 tsp fish paste



Tea/coffee, black/white with milk or 1 sugar



5 asparagus spears

Enjoy anytime



Glass of water

# everyday snacks

## bars

Muesli and fruit bars are a really handy snack to take out with you. They don't require refrigeration, generally don't make a mess, and they can be eaten without having to handle the food. We have used the specific criteria below to assess suitability as an everyday choice.\*



● These bars meet all 4 criteria.



● Be Natural Trail Bars, most flavours, 1 bar, 32 g



● Carman's Muesli Bites, all flavours, 1 bite, 20 g



● Fontelle Fibre Fix Bars, all flavours, 1 bar, 30 g



● Sun Valley True Fruit Bars, all flavours, 1 bar, 20 g



● Tasti Milkies, 1 bar, 20 g



● Weight Watchers Apple Crumble, 1 bar, 40 g



● Weight Watchers Lemon Delight, 1 bar, 35 g



● Uncle Tobys Bodywise Digestive Balance Bar, all flavours, 1 bar, 35 g



● Uncle Tobys Crunchy Muesli Bars, all flavours, 1 bar, 20 g



● Uncle Tobys Roll Ups, all flavours, 2 bars, 2 x 15.6 g



● Golden Days Fruit Poles, 1 bar, 25 g



● Bellis School Bars, all flavours, 1 bar, 20 g



● Norganic chewy breakfast bars, all flavours, 1 bar, 35 g

### \* Everyday bar criteria

Approx 100 Cals / 420 kJ per serve and 3 out of 4 of the following criteria:

1. Greater than 1g fibre per serve
2. Low GI or less than 5g sugar if no fruit or less than 15g sugar with fruit\*
3. Less than 3.5g fat if no nuts or less than 7.5g fat with nuts
4. Less than 1g saturated fat

# occasional lunch

## fish and chips

A great Australian tradition that is so well suited to sitting by the beach, most take away fried fish and chips will be cooked in palm oil, a saturated fat known to raise cholesterol levels. Cooking them at home in olive or canola oil can certainly improve this option. Aim to spend most of your Calories on the fish and look for outlets where you can buy salad instead of chips.



**350 Calories / 1470 kJ**

1 battered fish fillet (16 cm long, 300 Cals / 1260 kJ)  
+ 3 chips (15 g) (50 Cals / 210 kJ)



**450 Calories / 1890 kJ**

1 battered fish fillet (300 Cals / 1260 kJ)  
+ 6–8 chips (50 g, 150 Cals / 630 kJ)



**550 Calories / 2310 kJ**

1 battered fish fillet (300 Cals / 1260 kJ)  
+ 10–15 chips (90 g, 250 Cals / 1050 kJ)



# everyday dinner

## roast

A roast is a family favourite for many of us. We seem to like it best the way mum made it. Consider whether there are opportunities to reduce the fat content, eg by placing the meat on a rack for cooking so that the fat drips away, and cooking the vegetables with just a spray of oil, or at least in vegetable oil rather than in the fat from the meat. Limit gravy to a tablespoon and trim all visible fat from the meat.



### 350 Calories / 1470 kJ

- Small serve – 90 g roast meat (150 Cals / 630 kJ)
- + 100 g roast vegetables (150 Cals / 630 kJ)
- + 1½ cups free veg (30 Cals / 125 kJ)
- + 1 tbsp gravy (20 Cals / 85 kJ)



### 450 Calories / 1890 kJ

- Large serve – 120 g roast meat (200 Cals / 840 kJ)
- + 140 g roast vegetables (200 Cals / 840 kJ)
- + 2 cups free vegetables (30 Cals / 125 kJ)
- + 1 tbsp gravy (20 Cals / 85 kJ)



### 550 Calories / 2310 kJ

- Large serve as above (450 Cals / 1890 kJ)
- + 1 Add On eg 100 g Ski D'Lite yoghurt (100 Cals / 420 kJ)



Remember that as the fat content of the food increases you will need to decrease the portion size of that meal component. The way the starchy vegetables are baked will determine how small that segment of the plate should really be. If they are cooked with just a spray of oil, fill the plate as designed.