

A healthy eating plan



Congratulations!
You're about to take the first step towards painless weight loss. The **Portion Perfection Bariatric Plate** is designed by leading dietitian, Amanda Clark, to guide you toward a main meal that is healthy and helps you lose weight.

Here's how to use the plate:
To serve a meal, fill just the base of the plate, 2cm deep in the middle with the specified foods, follow the eating behaviour prompts around the plate border and enjoy!

Choose from the following foods to fill each section:

Protein Foods

Lean red meat, poultry, fish, egg, tofu, legumes – soybeans, baked beans, lentils, chickpeas, etc.

Low GI Carbohydrates

Sweet potato, peas, corn, basmati or doongara rice, pasta / rice noodles, multigrain bread. This section may also contain occasional amounts of new potatoes / pita bread / parsnip pumpkin or beetroot, being medium GI carbs.

Salad and Free Veg

Alfalfa, artichoke, asparagus, bamboo shoots, beans (green), bean sprouts, broccoli, Brussel sprouts, cabbage, capsicum, carrots, cauliflower, celery, choko, cucumber, eggplant, leek, lemon, lettuce, marrow, mushrooms, onions, radish, rhubarb, rocket, shallots, silverbeet, spinach, spring onion, squash, swede, tomatoes, turnips, watercress, water chestnut, zucchini.

Oil / Low-fat sauce

1 tsp of oil or 1 Tbsp of: commercial low-fat dressings, skim milk sauces, low-fat gravy mixes, apple, honey soy, oyster, mint, plum, BBQ, tomato, soy, hoisin, teriyaki, Worcestershire, chilli, sweet chilli, black bean, lite cheese sauces.

Remember to enjoy your meal. Follow the prompts on the plate border:

Position yourself upright, **Drink** before your meal, **Chop** your food well, Take small bites (literally **nibble**), Really **taste** the food, **Chew** well, **Pause**, **Relax** and **Enjoy!**

The plate is a component of the complete Portion Perfection visual eating plan. You can order the full Portion Perfection kit from Great Ideas in Nutrition. Order online!

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