YOUR GUIDE TO HEALTHY SERVING SIZES

AN EXAMPLE OF HOW YOU CAN DISTRIBUTE YOUR FOOD THROUGHOUT THE DAY, THEBLY REDUCING WEIGHT AND STAY HEALTHY!

BREAKFAST
- 30-40g high-fibre cereal mixed with skimmed milk
- Tea or coffee with skimmed milk and without sugar

SNACK
- Fruit or light yoghurt

LUNCH
- Caponata with fresh vegetables. Add tuna and cook for a few more minutes. Mix with a portion (80g) of wholegrain pasta.

SNACK
- Fruit or 1 portion almonds or 1 portion seeds

DINNER
- Vegetable salad, 100g chicken breast and 80g jacket potatoes or exchange with another ingredient from carbohydrate group

FOR MORE INFORMATION ABOUT HOW YOU CAN LEAD A HEALTHIER LIFESTYLE, CONTACT THE HEALTH PROMOTION & DISEASE PREVENTION DIRECTORATE ON 2326 6000 OR BY SENDING AN EMAIL TO HEALTH.PRO@GOV.MT OR ON OUR FACEBOOK PAGE: HEALTH PROMOTION AND DISEASE PREVENTION DIRECTORATE
A CHANGE IN PORTION SIZES CAN HELP YOU LOSE WEIGHT

Portion guide for each food group for adults who want to lose weight and who are over 18 years, carrying out a moderate level of physical activity. The table below shows the number of portions you can eat from each group every day.

<table>
<thead>
<tr>
<th>CARBOHYDRATES</th>
<th>VEGETABLES</th>
<th>FRUIT</th>
<th>PROTEINS</th>
<th>PROTEINS</th>
<th>SUGARS</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 slices wholemeal sandwich toast</td>
<td>80g leafy vegetables</td>
<td>1 medium sized fruit</td>
<td>150ml skimmed milk</td>
<td>115g fish (raw)</td>
<td>10ml Olive oil</td>
</tr>
<tr>
<td>1 slice Maltese bread</td>
<td>80g other vegetables</td>
<td>250ml fresh fruit juice</td>
<td>100g chicken (raw)</td>
<td>10g fish (raw)</td>
<td>10ml Other vegetable oils</td>
</tr>
<tr>
<td>30-40g cereal</td>
<td>50g legumes (beans/peas/ lentils/broad bean/chickpeas)</td>
<td>30-40g cheese</td>
<td>100g turkey (raw)</td>
<td>80g leafy vegetables*</td>
<td>110g fish (raw)</td>
</tr>
<tr>
<td>80g rice (raw)</td>
<td>1 ladle vegetable soup</td>
<td>50g legumes</td>
<td>100g rabbit (raw)</td>
<td>“lettuce, spinach, arugula”</td>
<td>100g fish (raw)</td>
</tr>
<tr>
<td>80g pasta (raw)</td>
<td></td>
<td>125ml fresh fruit juice</td>
<td></td>
<td>“1 tsp sultanas, or raisins, or currents”</td>
<td></td>
</tr>
<tr>
<td>80g couscous (raw)</td>
<td>20g almonds, walnuts, hazelnuts</td>
<td>50g legumes</td>
<td>1 egg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>80g quinoa (raw)</td>
<td>15g seeds</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>80g bulgur wheat (raw)</td>
<td>2-3 figs, or prunes, or apricots, or dates</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>80g barley (raw)</td>
<td>1 tsp sultanas, or raisins, or currents</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>80g potatoes with skin</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

The better choice of carbohydrates are those that are wholemeal or wholegrain.

Fiber in food helps you feel full for a longer period of time and will help you stay healthy.

Choose a variety of fruit and vegetable, of different colour, seasonal and fresh.

Wash fruits and vegetables well and where possible eat with skin.

It is best to eat fruit whole or sliced, not squeezed or juiced.

Avoid dried fruit or fruit juices as it can cause tooth decay.

It is recommended to eat two servings of fish a week, one of which should be oily fish.

Choose lean cuts of meat and remove visible fat.

Avoid saturated fat/ trans fat or partially hydrogenated fat marked as hydrogenated vegetable oil and also processed food.

Read the food labels carefully.

Use herbs and spices instead of salt to add flavour to meals.

• 20g almond, walnuts, hazelnuts
• 15g seeds

DRY FRUIT

2-3 times a week

AN EXAMPLE OF HOW A MAIN MEAL SHOULD BE SERVED ON A PLATE

2 servings of vegetables 1 serving of protein 1 serving of carbohydrates

Drink about 8 glasses of water throughout the day

Carry out about 60 minutes of physical activity daily

Eat slowly and enjoy your food

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Always remove skin from poultry before cooking.

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