

YOUR GUIDE TO HEALTHY SERVING SIZES



AN EXAMPLE OF HOW YOU CAN DISTRIBUTE YOUR FOOD THROUGHOUT THE DAY, THEREBY 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

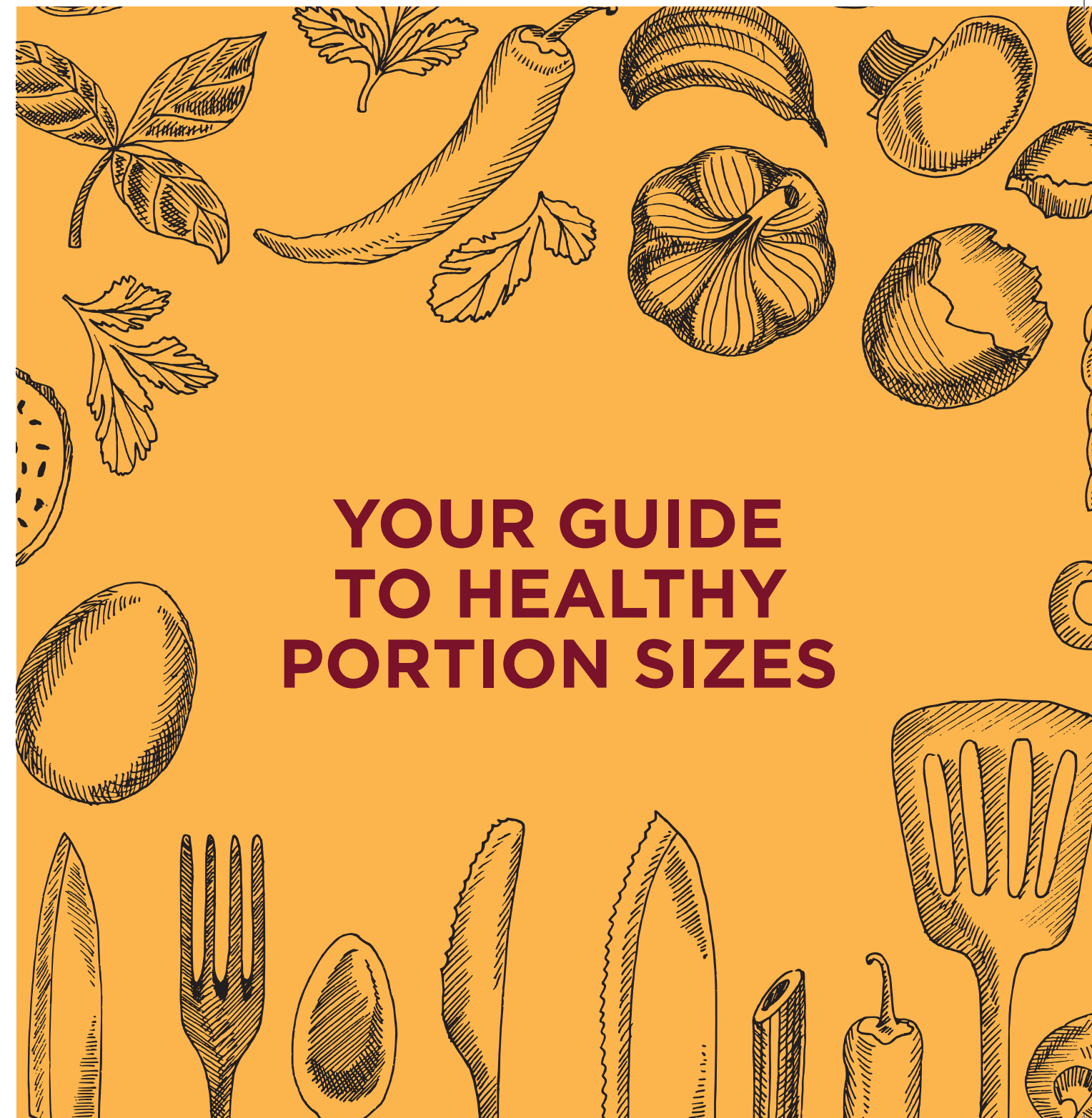
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MINISTRY FOR HEALTH

YOUR GUIDE TO HEALTHY PORTION SIZES



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.



CARBOHYDRATES

3-4 SERVINGS

2 slices wholemeal sandwich toast
1 slice Maltese bread
30-40g cereal
80g rice (raw)
80g pasta (raw)
80g couscous (raw)
80g quinoa (raw)
80g bulgur wheat (raw)
80g barley (raw)
80g potatoes with skin

VEGETABLES

3-4 SERVINGS

80g leafy vegetables*
80g other vegetables
50g legumes (beans/peas/lentils/broad bean/chickpeas)
1 ladle vegetable soup

*Lettuce, spinach, rucola



NUTS AND SEEDS
4-5 TIMES A WEEK

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

FRUIT

2-3 SERVINGS

1 medium sized fruit
125ml fresh fruit juice

PROTEINS

2 SERVINGS

250 ml skimmed milk
150ml yoghurt light
30-45g cheese
30-45g *gbejna*
30-50g ricotta



DRIED FRUIT
1-2 TIMES A WEEK

- 2-3 figs, or prunes, or apricots, or dates
- 1 tsp sultanas, or raisons, or currants

PROTEINS

1-2 SERVINGS

115g fish (raw)
100g chicken (raw)
100g turkey (raw)
100g rabbit (raw)
90g lean red meat (raw)*
70g legumes
1 egg

*Not more than twice a week

FATS AND SUGARS

LEAST POSSIBLE

10ml Olive oil
10ml Other vegetable oils

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



- ✓ 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
- ✓ Always remove skin from poultry before cooking
- ✓ Choose foods with less sugar, fat and salt, and do not add salt to food
- ✓ 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

