

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

Breakfast

30-40g oats mixed with skimmed milk + handful of strawberries + 20g crushed walnuts. Tea or coffee with skimmed milk (no added sugar)

Snack

Fruit or natural low fat yoghurt

Lunch

115g salmon or 100g chicken breast + half a plate of mixed vegetables + 50g quinoa

Snack

Fruit, or a portion of nuts or seeds

Dinner

Vegetable soup or a salad with 115g of fish or 100g of chicken or 70g beans

NB. The weight in grams represents the raw weight of the food item.

Further information is available on the Dietary Guidelines for Maltese Adults - Healthy Eating the Mediterranean Way! Contact HPDP for a free copy or visit hdp.gov.mt to download a copy.

For any general queries, call
2326 6000



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SERVING SIZES

TO HELP YOU LOSE WEIGHT

(FOR ADULTS)



SERVING SIZES TO HELP YOU LOSE WEIGHT

This leaflet is a simple guide for adults 18 years and over to indicate the serving size you need to eat from the different food groups to help you lose weight, gradually. Engaging in a moderate level of physical activity is necessary to support weight loss. The figure shows the amount and the number of servings you can eat from each group daily.



CARBOHYDRATES 2-3 Servings

- 2 slices wholegrain sandwich bread
- 1 slice wholegrain Maltese bread
- 1 small wholegrain wrap
- 30-40g wholegrain breakfast cereal*
- 50g wholegrain rice
- 50g wholegrain couscous
- 50g quinoa
- 50g bulgar wheat
- 50g barley
- 80g wholegrain pasta
- 80g potato with skin

*Should contain 5g or less of sugar per 100g of product.



VEGETABLES 5-6 Servings

- 80g leafy vegetables**
- 80g non-leafy vegetables
- 50g legumes, such as beans, peas, lentils, chickpeas or broad beans
- 2 ladles of vegetable soup

**Lettuce, spinach, rocket leaves, kale



FRUIT 2-3 Servings

- 1 medium-sized fruit
- 1 small bowl of fruit salad
- 1 small banana
- 2 small kiwis
- 2 plums



DAIRY PRODUCTS 2 Servings

- 250ml skimmed milk
- 150ml low-fat natural yoghurt
- 150ml Kefir
- 30-45g low-fat cheese
- 30-45g cheeselets
- 30-45g ricotta



PROTEIN 1-2 Servings

- 115g fish
- 90g lean beef***
- 100g chicken
- 100g rabbit
- 100g turkey
- 70g legumes
- 1 egg

***Not more than once per week



FAT AND SUGAR as little as possible

- 1 tbsp extra-virgin olive oil
- 1 tbsp other vegetable oils
- 1 tbsp olives
- 1/3 of an avocado
- 1 tbsp of 100% nut or seed butter

NB. The weight in grams represents the raw weight of the food item.



NUTS AND SEEDS 4-5 times per week e.g.:

- 20g almonds, or walnuts
- 15g chia seeds, or pumpkin seeds

DRIED FRUIT* 1-2 times per week e.g.:

- 2-3 figs, or prunes, or apricots, or dates
- 1 tbsp sultanas, or raisins, or currants

*Dried fruit is concentrated in sugar due to the drying process, so portions should be small. Choose plain dried fruits with no added sugar or preservatives and avoid sweetened or heavily processed ones. Because it is sticky, dried fruit can increase the risk of tooth decay-eat it with meals, limit portions, drink water, and remember to brush your teeth twice a day with fluoride toothpaste. Choose fresh fruit over dried fruit where possible.

HOW TO PLATE A MAIN MEAL: Use a 23cm diameter plate for the ideal serving size.

2 servings of vegetables,
(1/2 the plate)



1 serving of carbohydrates
(1/4 of the plate)

1 serving of protein
(1/4 of the plate)



Drink about 8 glasses of water throughout the day

TIPS TO HELP YOU LOSE WEIGHT

Choose wholegrain foods

Eat more dietary fibre

Eat whole fresh fruit, not squeezed, juiced or peeled

Eat two servings of fish a week, one of which should be an oily fish eg. salmon, sardines

Always remove skin from poultry before cooking and choose lean cuts of meat

Read food labels and choose food that is low in sugar, fat and salt

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

Chew your food thoroughly and eat slowly, as it takes about 20 minutes for your brain to receive the message that you are full

Carry out about 150-300 minutes of physical activity per week.

