

FREE PORTION SIZE GUIDE

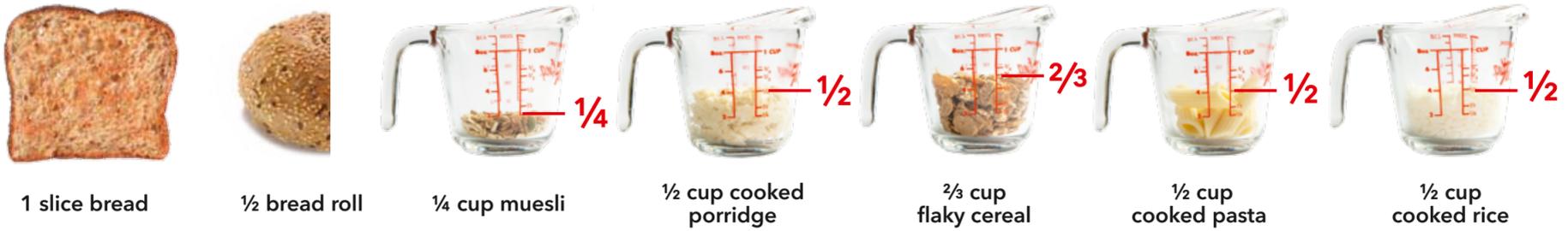


CHOOSE WELLNESS
Good Food, Good Life

Brought to you by
healthyfood
AUSTRALIAN PRACTICAL IDEAS FROM THE EXPERTS GUIDE

Now you can
always size your food right!

GRAINS OR CEREALS: 4-6 serves a day. Each of these is one serve ...



VEGETABLES: 5+ serves a day. Each of these is one serve ...



FRUIT: 2 serves a day. Each of these is one serve ...



PROTEIN: 2-3 serves a day. Each of these is one serve ...



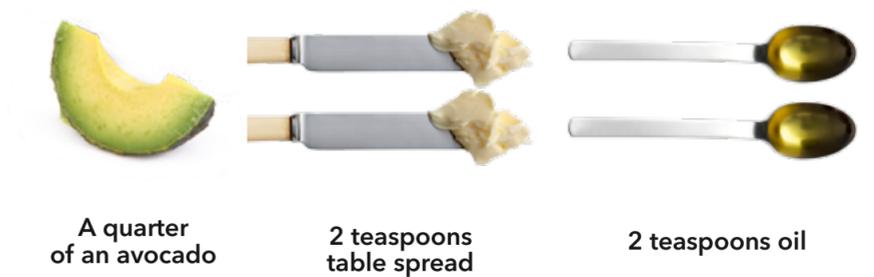
DAIRY OR ALTERNATIVES: 3-4 a day

Each of these is one serve ...



UNSATURATED FATS: 2-4 a day

Each of these is one serve ...



TREAT FOODS: not every day. Each of these is one serve ...



Choose the right portion

For more portion ideas, visit
www.nestlechoosewellness.com.au



CHOOSE WELLNESS
Good Food, Good Life

Compiled by dietitians and based on Australian Dietary Guidelines.