

# portion control

Looking forward to a romantic dinner or family night out? Beware: the portion on your plate may be as many as eight times the amount that represents a standard serve. Nutrition editor CATHERINE SAXELBY shows you how to spot portion distortion, so you can enjoy your favourite foods without the ever-present danger of overeating

## whole fruit vs juice

Freshly squeezed juice is a healthier alternative to soft drink, but it's actually fruit in a concentrated form. Each 600ml serve packs in 850kJ and 45g of sugars – the equivalent of four whole oranges. Those kilojoules slip down effortlessly without the natural “brake” provided by fibre, which has been removed. Cloudy or pulpy juices retain more fibre, but are still easy to overdo. Instead, aim to eat whole, fresh fruit, and drink water or order the smallest size juice.

600ml orange juice = 4 oranges

**How much can I eat?** This table shows the recommended daily dietary intake for an average woman, based on an adult consuming 7000kJ.

Food	Serves	How big is a serve?
Vegetables*	5 or more	<ul style="list-style-type: none"> <li>■ ½ cup cooked vegetables, such as broccoli or beans</li> <li>■ 1 cup salad leaves</li> </ul>
Fruit	2	<ul style="list-style-type: none"> <li>■ 1 medium apple, pear or orange; 1 cup fruit salad; small bunch grapes</li> <li>■ 2 tablespoons sultanas or ¼ cup dried fruit</li> <li>■ ½ cup fresh fruit juice</li> </ul>
Grains and starches	5	<ul style="list-style-type: none"> <li>■ 1 slice bread</li> <li>■ 1 cup flaked or puffed cereal; ¼ cup muesli</li> <li>■ ½ cup cooked rice or pasta</li> <li>■ 1 medium potato</li> </ul>
Protein	1-2	<ul style="list-style-type: none"> <li>■ 125g cooked meat, such as 2 slices roast meat, 1 small steak, ¾ cup mince</li> <li>■ 150g cooked fish or seafood, such as 1 medium fish fillet, 120g can tuna or salmon</li> <li>■ 125g cooked chicken</li> <li>■ 1 cup cooked beans or lentils</li> <li>■ 2 eggs</li> </ul>
Dairy	4	<ul style="list-style-type: none"> <li>■ 1 cup low-fat milk</li> <li>■ 200g tub low-fat yogurt</li> <li>■ 2 slices (40g) reduced-fat cheddar cheese</li> </ul>
Fats & oils	3	<ul style="list-style-type: none"> <li>■ 1 tablespoon oil</li> <li>■ 1 tablespoon margarine/butter</li> <li>■ 2 tablespoons light spread</li> <li>■ ½ small avocado</li> <li>■ 1 tablespoon creamy dressing</li> </ul>
Treats	1	<ul style="list-style-type: none"> <li>■ 1 small serve (less than 600kJ) of lollies/chocolate, cake, ice-cream, salty snack foods, honey, jam or alcohol</li> </ul>

\*Excluding potatoes, which are included in the grains.



### Steak, grilled

The average steak at your local pub or steakhouse is three or four times bigger than the recommended meat serve of 125g (cooked weight). It's a common trap, so be wary.

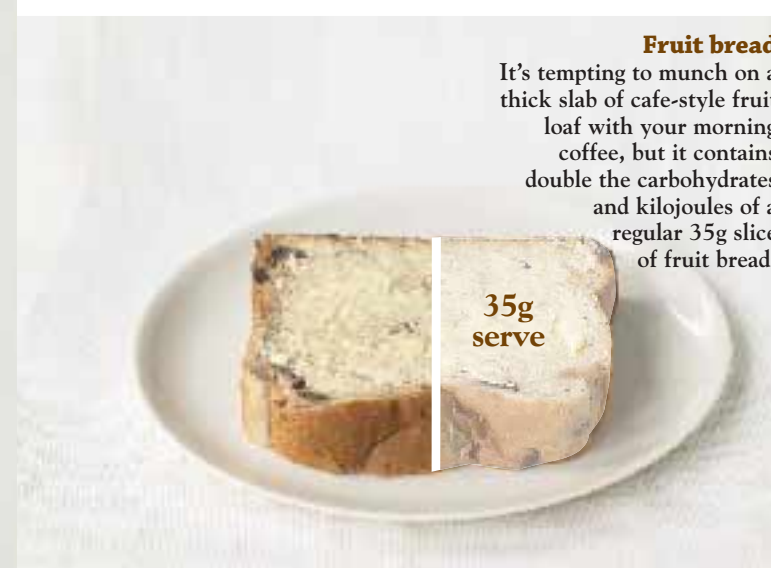
125g meat serve



### Wine

A standard serve of wine is less than half the 200-250ml serve you're used to sipping at a restaurant. The 100ml standard contains 280kJ, so every 200ml glass adds 560kJ to your day's intake without filling you up.

100ml serve



### Fruit bread

It's tempting to munch on a thick slab of cafe-style fruit loaf with your morning coffee, but it contains double the carbohydrates and kilojoules of a regular 35g slice of fruit bread.

35g serve

### Pasta with tomato sauce

A typical restaurant-size bowl of pasta loads you up with four standard ½-cup grain serves in one go. Next time, order an entree size as a main course.

½ cup serve



### Rice

A standard serve is a modest ½ cup of cooked rice, yet many restaurants serve 1½ cups or more with stir-fries or curries. Stick to the standard portion and fill the rest of your plate with vegies.

½ cup serve

### Muffin

That jumbo muffin bursting out of its patty case has more than 25g of fat and 2500kJ. You'd have to limit yourself to just a quarter to stay within the 600kJ range for treats.

55g serve