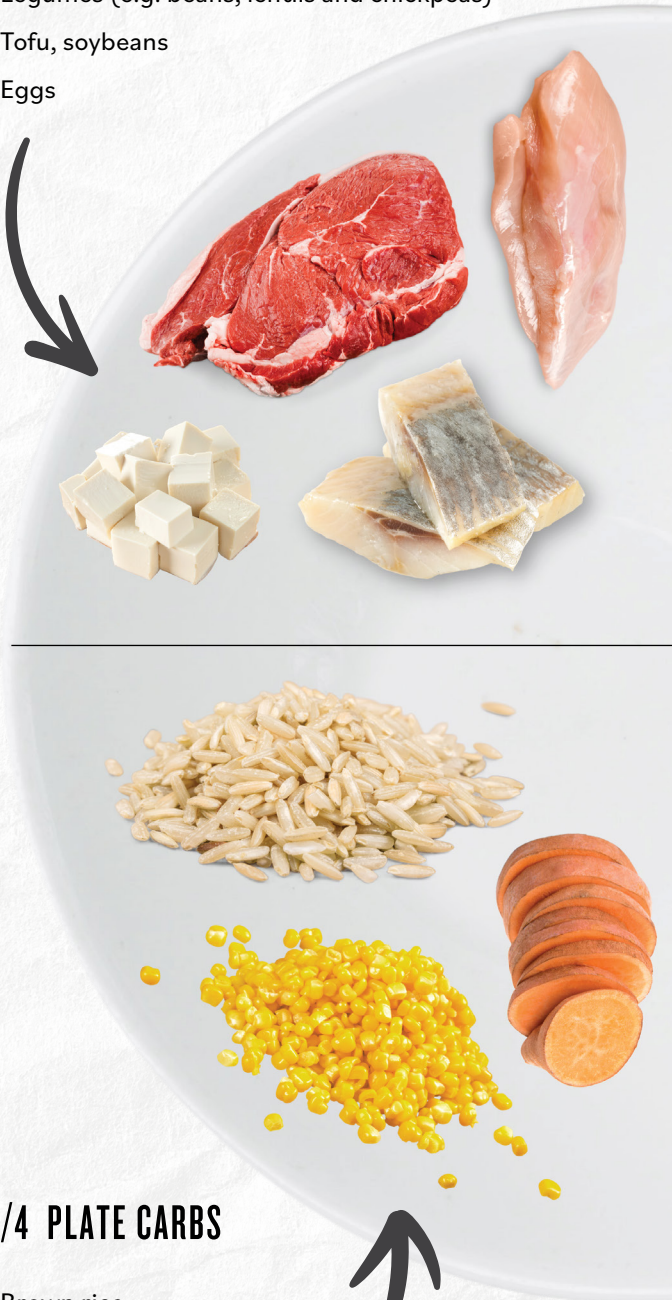


# WHAT'S ON YOUR PLATE?

## 1/4 PLATE PROTEIN

- Lean animal proteins (e.g. chicken, fish, beef, pork)
- Reduced fat dairy (e.g. cheese, yoghurt, paneer)
- Legumes (e.g. beans, lentils and chickpeas)
- Tofu, soybeans
- Eggs



## 1/2 PLATE VEGETABLES

- All salad vegetables
- All cooked vegetables (except potato, corn and sweet potato)

## 1/4 PLATE CARBS

- Brown rice
- Noodles
- Vietnamese rice roll
- Grainy breads
- Flatbread - paratha, roti, papadum, lebanese
- Potato, corn, sweet potato