

Healthy Portion Plate

VEGETABLES

Examples: cabbage, French beans, tomato, broccoli, egg plant, spinach, carrots, sukumawiki, cauliflower, courgettes/zucchini, traditional local vegetables

Fill $\frac{1}{2}$ of the plate with any of these non-starchy vegetables

OR

Eat as many of these vegetables as you can hold in both hands

- Including a **variety** of colourful raw and cooked vegetables provides you with vitamins, minerals and fibre



FAT

Examples: vegetable oils, butter, margarine, cheese, cooking fat

Fill the circle in the middle of the plate with any of these healthy fats

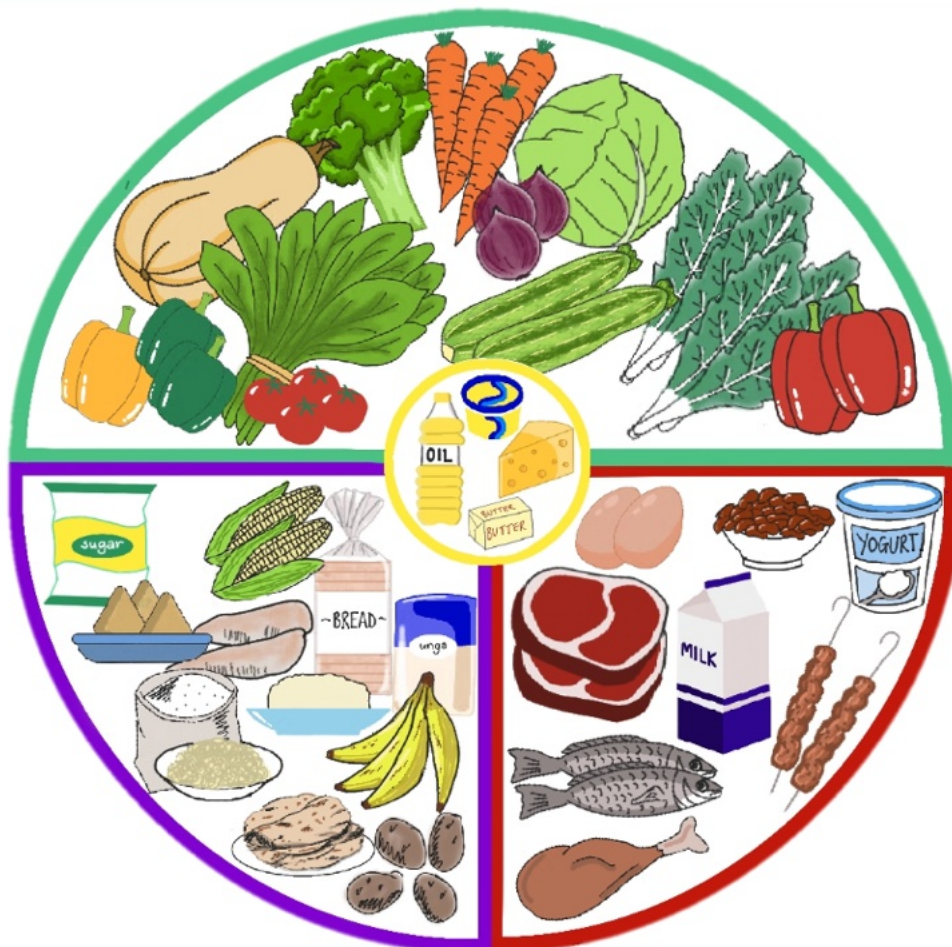
OR Eat any fat the size of the tip of your thumb

(top of your thumb to your knuckle)

OR Add 1 teaspoon of fat per

person when making stews or curries

- Eating too much fat will cause weight gain and will lead to increased blood sugar
- Avoid using too much fat when cooking. Healthy methods include: grill, pan-fry, bake, stir-fry, roast, poach, microwave, steam, boil. Only add small amounts of fat when cooking; use a non-stick pan if you can



STARCH

Examples: rice, ugali, bread (2 slices), pasta, spaghetti, sweet potatoes, plantain, potatoes, yam, cassava, green banana, porridge (without sugar if possible, try adding lemon for flavour), chapati (1 medium or $\frac{1}{2}$ large chapati, wholemeal if possible)

Fill $\frac{1}{4}$ of the plate with any of these cooked starchy foods

OR

Eat any cooked starch the size of ONE of your closed fists



PROTEIN

Examples: dry beans or lentils, chicken (no skin or wings), eggs, fish (fresh, frozen, tinned), fresh milk or mala, pork, ham, bacon, yoghurt, red meat (no fat)

Fill $\frac{1}{4}$ of the plate with any of these proteins

OR

Eat any protein the size of the palm of your hand and the same thickness of your baby finger

- Cooking tip for red meat: use lean meat whenever possible, trim visible excess fat, cook slowly to release hidden fats – this will avoid need to add extra oil

