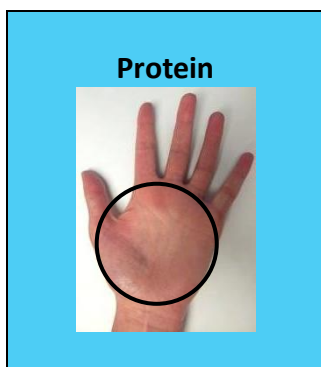
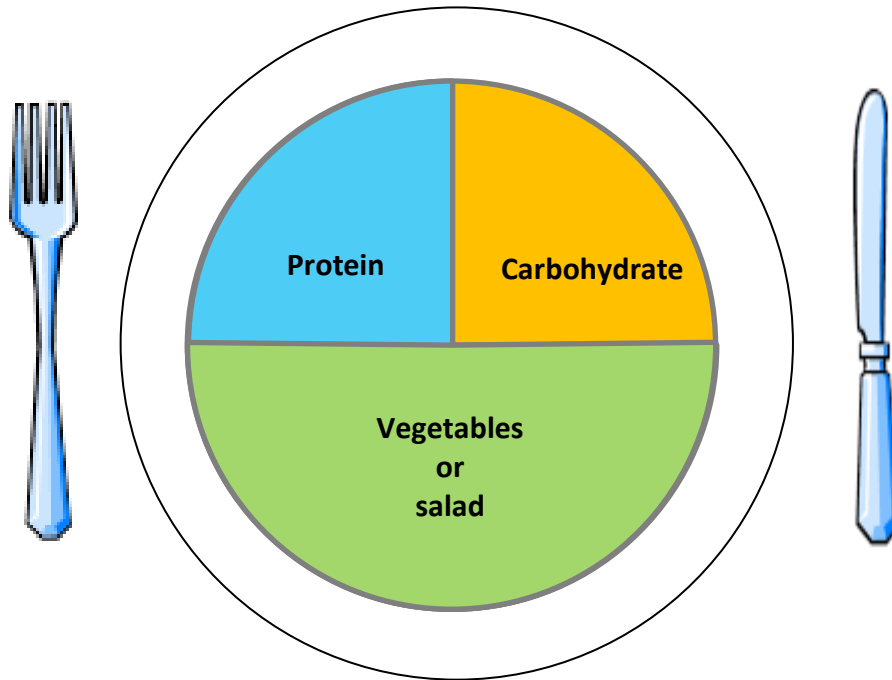
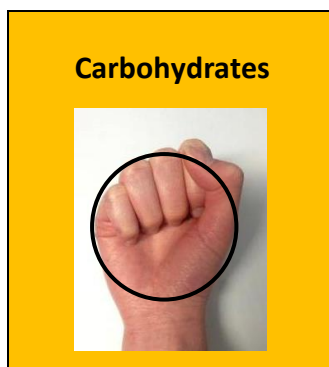


The healthy eating plate



Aim for a **palm size** serve of meat, chicken, eggs, fish, tofu, lentils or beans.



Aim for a **fist size** serve of potato, kumara, taro, rice, pasta, bread, green banana, yam or noodles.



Aim for **2 cups** (or half your plate) of vegetables or salad.

Note from your Dietitian:

Dietitian:

Contact: