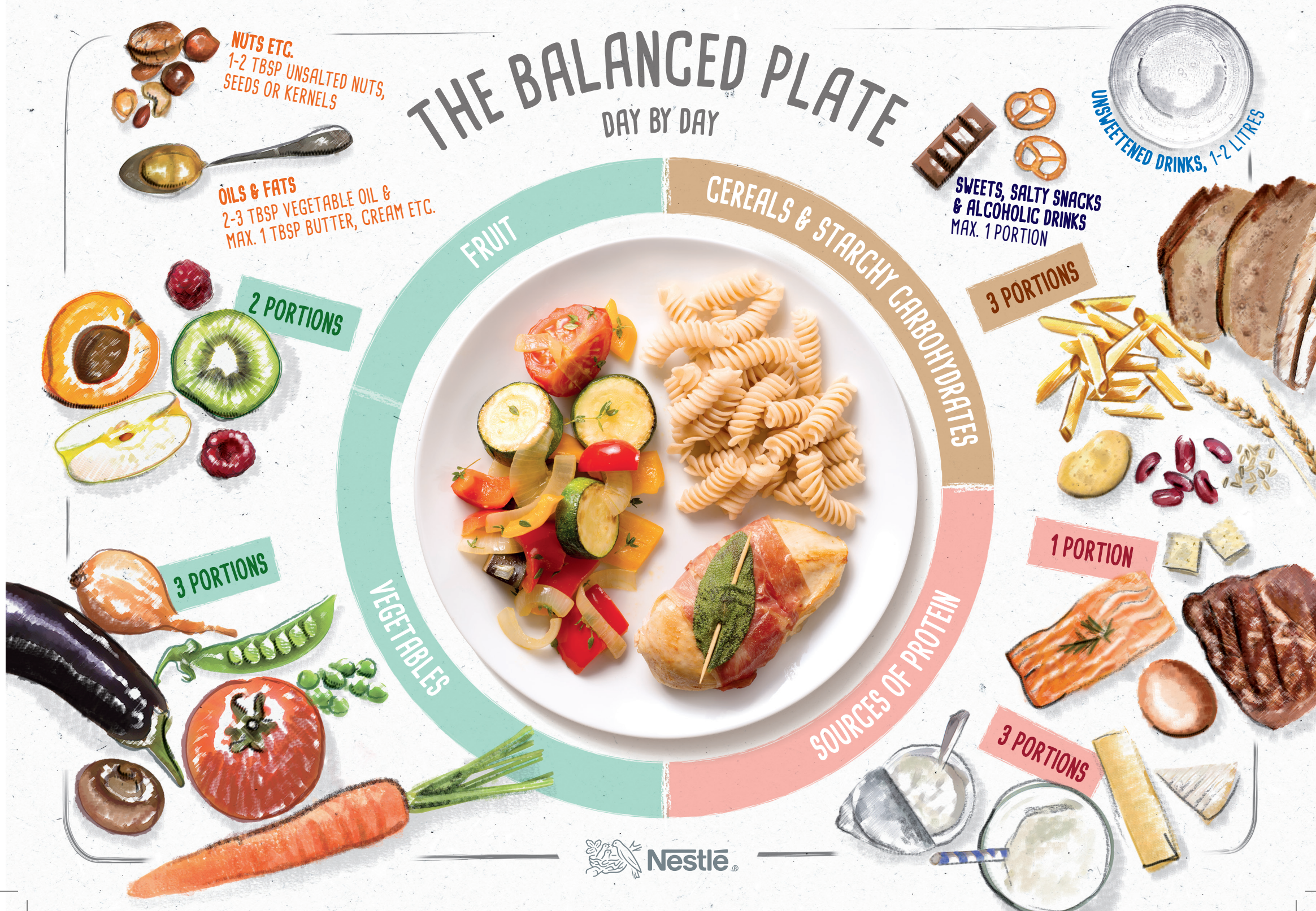


THE BALANCED PLATE

DAY BY DAY



PORTION SIZES

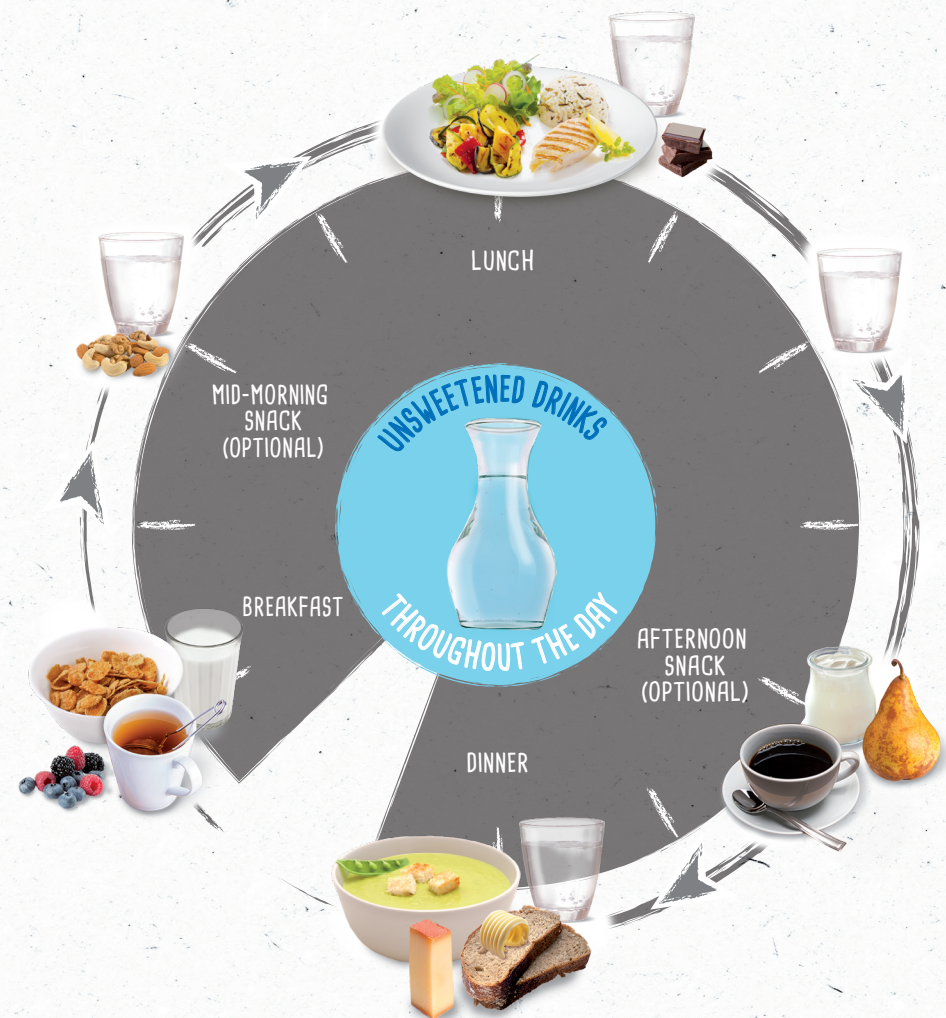


DAILY RECOMMENDED AMOUNT

1 PORTION CORRESPONDS TO:

UNSWEETENED DRINKS 1-2 LITRES 	1 GLASS OF WATER (~250 ML) 1 CUP OF TEA (~200 ML) 1 CUP OF COFFEE (~100 ML)	
FRUIT & VEGETABLES 3 PORTIONS OF VEGETABLES 2 PORTIONS OF FRUIT 	MIN. 120 G VEGETABLES, SALAD, FRUIT - RAW OR COOKED EXAMPLES: 2 MEDIUM-SIZED CARROTS 6 CHERRY TOMATOES 1 MEDIUM-SIZED APPLE 4 PLUMS	1 PORTION
CEREALS & STARCHY CARBOHYDRATES 3 PORTIONS 	75-125 G BREAD - WHOLE GRAIN IS BEST! 45-75 G* PASTA, RICE, POLENTA, QUINOA, BULGUR ETC. 180-300 G POTATOES 45-75 G CEREAL FLAKES, BREAKFAST CEREALS ETC. 60-100 G* PULSES (LENTILS ETC.)	1 PORTION
DAIRY PRODUCTS 3 PORTIONS 	200 ML MILK 150-200 G YOGHURT, CURD, COTTAGE CHEESE ETC. 30 G SEMI-HARD OR HARD CHEESE 60 G SOFT CHEESE	1 PORTION
MEAT, FISH, EGGS, TOFU ETC. 1 PORTION 	100-120 G MEAT, POULTRY, FISH, SEAFOOD ETC. 30-50 G SAUSAGES (MAX. ONCE A WEEK) 2-3 EGGS 100-120 G TOFU, QUORN, SEITAN, TEMPEH ETC. 40-50 G DRIED SOYA	1 PORTION
OILS, FATS, NUTS ETC. 2-3 PORTIONS 	FOR COLD DISHES: 10 G (1 TBSP) VEGETABLE OIL (E.G. RAPESEED, OLIVE, NUT OIL ETC.) FOR COOKING: 10 G (1 TBSP) COOKING OILS (E.G. REFINED OLIVE OIL OR RAPESEED OIL, HOLL RAPESEED OIL, HO SUNFLOWER OIL ETC.) IF REQUIRED: 10 G (1 TBSP) BUTTER OR MARGARINE IN ADDITION: 20-30 G (1-2 TBSP) UNSALTED NUTS, SEEDS OR KERNELS	1 PORTION
SWEETS, SALTY SNACKS & ALCOHOLIC DRINKS MAX. 1 PORTION 	25 G CHOCOLATE (E.G. 1 ROW OR 1 SMALL BAR) 250 ML SWEETENED DRINKS 20-30 G SALTY SNACKS 2-3 BISCUITS 50 G CAKE (1 PIECE) 50 G ICE CREAM (~1 SCOOP) ALCOHOLIC DRINKS: ♀ 1 STANDARD GLASS / ♂ 2 STANDARD GLASSES (100 ML WINE, 200-300 ML BEER, 10 ML SPIRITS)	1 PORTION

EXAMPLE DAY



THE PORTION SIZES RECOMMENDED IN THIS BOOKLET ARE FOR AN AVERAGE ADULT IN GOOD HEALTH. THEY VARY DEPENDING ON THE ENERGY REQUIREMENT, WHICH IN TURN DEPENDS ON FACTORS SUCH AS AGE, GENDER, HEIGHT, WEIGHT AND PHYSICAL ACTIVITY.

FOR FURTHER INFORMATION ABOUT A BALANCED DIET, AND MUCH MORE, VISIT: WWW.NESTLE.CH

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