

PORTION PLATE



$\frac{1}{2}$ plate of vegetables or salad



Take
time for
yourself



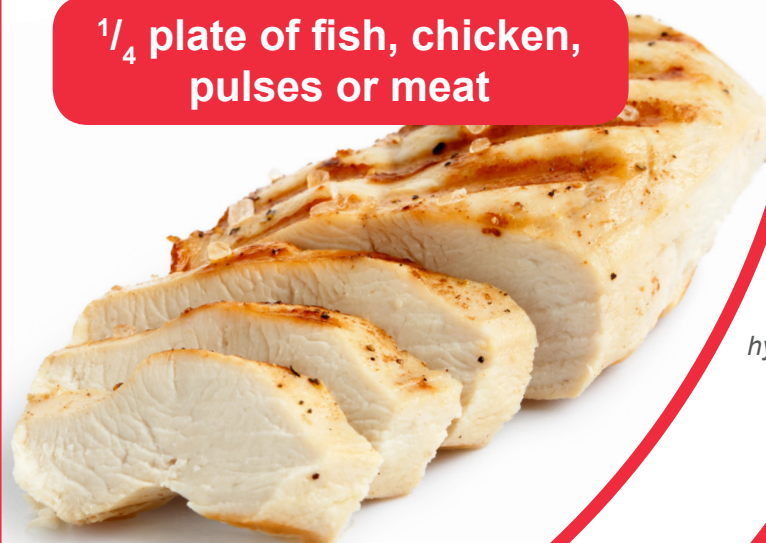
150
minutes
of exercise
per week

**$\frac{1}{4}$ plate of wholegrains,
rice, pasta or potato**



Get a
good
night's
sleep

**$\frac{1}{4}$ plate of fish, chicken,
pulses or meat**



Stay
hydrated

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Lots of colour
= the right
mix of
nutrients



Vegetables / salad are packed with vitamins and minerals which are important for healthy living. They will also help to fill you up as they are a **good source of fibre**. Remember you can choose frozen as well as fresh! **One portion = ~80g**

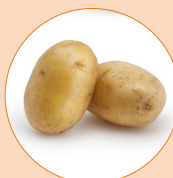


Carbohydrates. Choose wholegrain. The amounts you need depend on your activity levels, age and weight goals. They are a **source of energy and fibre**.

**One portion = 2 egg-sized potatoes;
1 cup of cooked rice, pasta or cous cous**



Serving
size: 1 cup
cooked



Protein. Choose lean meat and poultry, fish, pulses and eggs. Helps to build and repair tissue and muscle.

One portion = ~50-75g of cooked lean beef, lamb, pork, mince or poultry; 100g of cooked fish, soya or tofu; 2 eggs



Palm portion
size



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