

Prevention = the best cure



Make every meal a Smart Choice

One portion of protein

(Meat, fish, soya and milk products)

Choose one of the following:

- 30g meat, fish or soya (the size of your palm)
- One egg
- Low fat and medium fat hard cheese (not more than 30g/day)
- 1/4 cup low fat/fat free cottage cheese
- 1 cup low fat/fat free milk

One portion fats/oils:

Choose one of the following:

- 1 tsp vegetable oil (Olive or Canola oil)
- 2 tsp peanut butter
- 1 tbsp light mayonnaise/low oil salad dressing
- 1/3 medium avocado
- 5 large olives
- 10 mixed nuts (raw)

One slow release carbohydrate (starch) the size of your fist

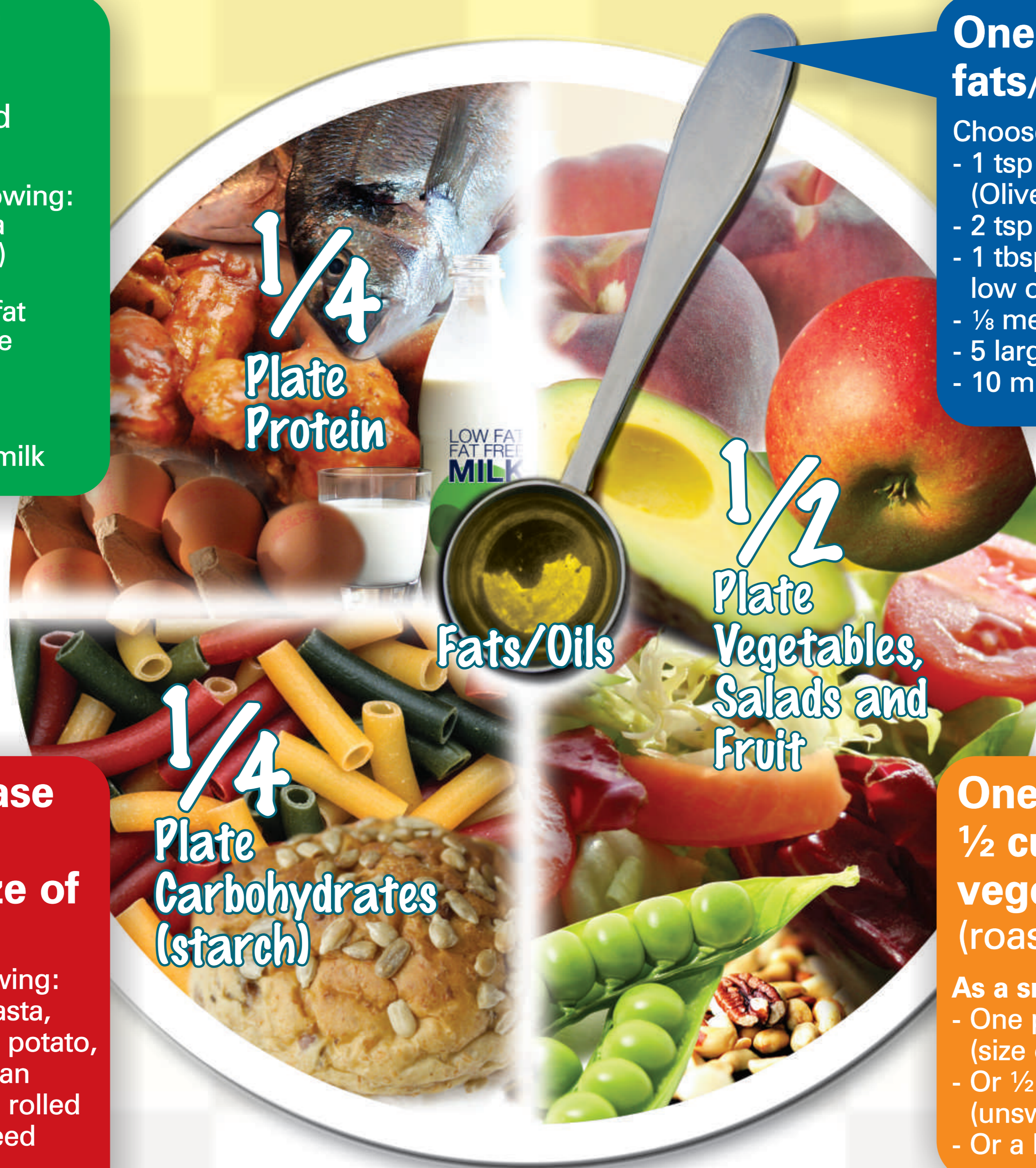
Select one of the following:

- Rice, durum wheat pasta, baby potatoes, sweet potato, mealies, butternut, bran cereal, low GI muesli, rolled oats, low GI bread, seed loaf bread, rye bread, whole wheat crackers

One cup raw or 1/2 cup cooked vegetables (roasted or steamed)

As a snack between meals:

- One portion of fruit (size of tennis ball)
- Or 1/2 glass of fruit juice (unsweetened)
- Or a handful of dried fruit



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