

# Small Steps To Better Nutrition

## Taking your first step to a healthier you...

Improving your diet does not need to happen all at once. Small steps can make it easier to change for the long term.

If you start slowly and focus on two main areas you will already be taking the necessary steps to a healthier diet.

## Here are the two main areas to focus on:

- 1 Building a healthy plate
- 2 Making simple swaps



### 1 Building a healthy plate

Healthy eating can be as simple as looking at what is on your plate at every meal. Make sure you have plenty of variety and change it up every day to keep things interesting. Use the *Healthy Plate Builder* below to get help you get started.

## Breakfast Plate

### Carbohydrate foods:

#### Choose 1 serve

1 serve is equal to:

- $\frac{2}{3}$  cup breakfast cereal
- $\frac{1}{2}$  cup cooked porridge
- $\frac{1}{4}$  cup muesli
- 1 slice wholemeal toast
- 1 wholemeal crumpet

### Good fats:

#### Choose 1 serve

1 serve is equal to:

- 30-40g nuts
- 30g seeds
- $\frac{1}{4}$  avocado
- 2 tsp peanut butter



### Dairy:

#### Choose 1 serve

1 serve is equal to:

- 1 cup of milk or alternative
- $\frac{3}{4}$  cup yoghurt
- 2 slices of cheese

### Fruit or Protein Foods:

#### Choose 1 serve

1 serve is equal to:

- 1 medium piece of fruit
- 1 cup of berries
- 2 eggs
- 100g fish

**Add an optional serve of vegetables such as mushrooms or spinach**

## Lunch / Dinner Plate

### Vegetables:

**Choose at least 2 serves**

*1 serve is equal to:*

- 1 medium carrot, tomato, zucchini
- ½ cup cooked carrot, broccoli, red cabbage, cauliflower
- 1 cup green or salad vegetables like spinach

### Protein foods:

**Choose 1 serve**

*1 serve is equal to:*

- 100g raw meat or chicken
- 100g raw fish or can of tuna
- 170g tofu
- 2 eggs
- 1 cup cooked beans/legumes



### Carbohydrate foods:

**Choose 1-2 serves**

*1 serve is equal to:*

- ½ potato or sweet potato
- 1 cob of corn
- ½ cup cooked pasta, rice, noodles
- 1 slice bread or ½ bread roll

### Good fats:

**Choose 1 serve**

*1 serve is equal to:*

- 30g nuts or seeds
- ¼ avocado
- 1 tsp olive or seed oil
- 1 tbsp Tahini

## 2 Swap it, don't stop it

Eating is about balance so instead of trying to go without certain foods, think about how you could swap them for a food that may be healthier or a better choice.

Instead of:	Swap for:
White bread	> Wholemeal or wholegrain bread
Potato chips	> Popcorn
White rice	> Brown rice
Hot/fried chips	> Baked chips or roasted sweet potato
Sausages	> Lean steak or lamb chop
Soft drink/cordial	> Water with lemon or fruit added
Ice cream	> Yoghurt with fresh fruit (e.g. Berries)
Ham/salami	> Chicken breast or canned tuna
Handful of lollies	> Handful of dried fruit, 2 dates or frozen grapes

### Tips for getting more vegetables and fruit

1. Keep canned and frozen fruit or vegetables in the pantry or freezer so you never run out
2. Sneak in extra vegetables – add finely chopped or grated coloured vegetables to your dishes, such as in spaghetti sauce
3. Buy seasonally to keep the cost down
4. Make salad a habit – start meals with a small salad a few times a week
5. Snack smart – snack on some crunchy vegetables with a dash of hummus when the hunger pangs strike

### Health professional notes

These resources are not meant to replace dietary advice provided by your doctor or dietitian. Please consult with your doctor or dietitian before making changes to your diet or physical activity routine.

*Kellogg's*  
Nutrition