

# HEALTHY LIVING NUTRITION PROGRAM



## MODULE 2:

# PORTION CONTROL & BALANCING YOUR MEALS



# CONTENTS

What You Will Learn in Module 2.....	2
a) Glycemic Index.....	3-5
b) Portion Control.....	6-9
c) Balancing Your Meals .....	10-14
d) Multiple Choice Quiz.....	15-16
e) Helpful Resources.....	17



# WHAT YOU WILL LEARN IN MODULE 2

**At the end of this module, you will be able to:**

Define glycemic index

- Identify types of high and low glycemic index carbohydrates
- Use a number of strategies to lower the glycemic index of a meal
- Describe the difference between portion size and serve size
- Explain what portion control is and why it's important
- Use a number of strategies to practise portion control
- Describe what a balanced meal looks like
- Identify ways to make a meal more balanced

# A) GLYCEMIC INDEX

## What is the Glycemic Index?

The glycemic index (GI) is a measure of how quickly a carbohydrate food increases blood sugar levels during digestion.

There are different GI categories. These include:

Low GI =  $\leq 55$   
Medium GI = 56-69  
High GI =  $\geq 70$

## High and Low GI Carbohydrates



### Video 1: High and Low GI Carbohydrates

Scan the QR code below to find out more about types of high and low GI carbohydrate foods and their effects on the body.



<https://www.islhd.health.nsw.gov.au/services-clinics/welcome-illawarra-shoalhaven-diabetes-service/health-moves-nutrition-program-1>



## Activity 1: High and Low GI Foods and Drinks

Scan the QR code below to access the 'Baker Heart & Diabetes Institute Carbohydrates and Glycemic Index (GI)' resource.

<https://www.baker.edu.au/-/media/documents/fact-sheets/baker-institute-factsheet-carbohydrates-and-glycaemic-index.pdf>



Use this resource to help you identify types of high and low GI carbohydrates.

In the table below, write down any high GI carbohydrate foods that you consume under the 'High GI Items in My Diet' column. Under the 'Low GI Alternative' column, write down what lower GI option you could swap this high GI carbohydrate with.

High GI Items in My Diet	Low GI Alternative

## Other Tips to Lower the GI of a Meal

Acidity will lower the GI of a meal



Cooking then cooling rice or potato lowers the GI of a meal



Fibre will lower the GI of a meal



Eat protein with a meal to lower its GI



Include various non-starchy fruit and vegetables to lower the GI of a meal



## B) PORTION CONTROL

### Portion Size vs. Serve Size

#### DID YOU KNOW...

Portion size and serve size are not the same thing!

- **Portion size** = The amount of food or drink that you choose to consume in one sitting
- **Serve size** = The amount of food recommended by the Australian Dietary Guidelines or the nutrition label of packaged foods and drinks

#### For example:

##### Portion size:

Cooked steak in many Australian restaurants and pubs = About half the size of a large dinner plate



##### Serve size:

Cooked steak recommended by the Australian Dietary Guidelines = 65g (about a palm size of meat)



## What is Portion Control?

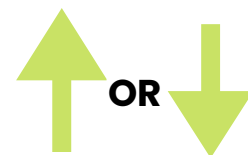
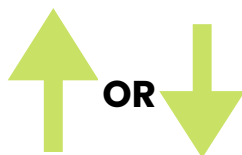
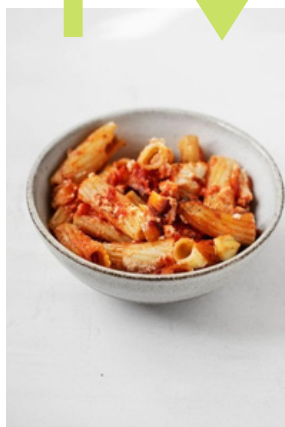
Portion control is the process of making sure that the amount of food you choose to eat in each meal is within its recommended serve size.

Recommended serve sizes for different foods can be found in the Australian Dietary Guidelines (see 'Module 1' for more information) or on the nutrition label of a packaged food or drink item.



### Activity 2: Picking the Sensible Portion

Circle the images below that you think are the most sensible portions. Compare your choices to the correct answers by scanning the QR code below.

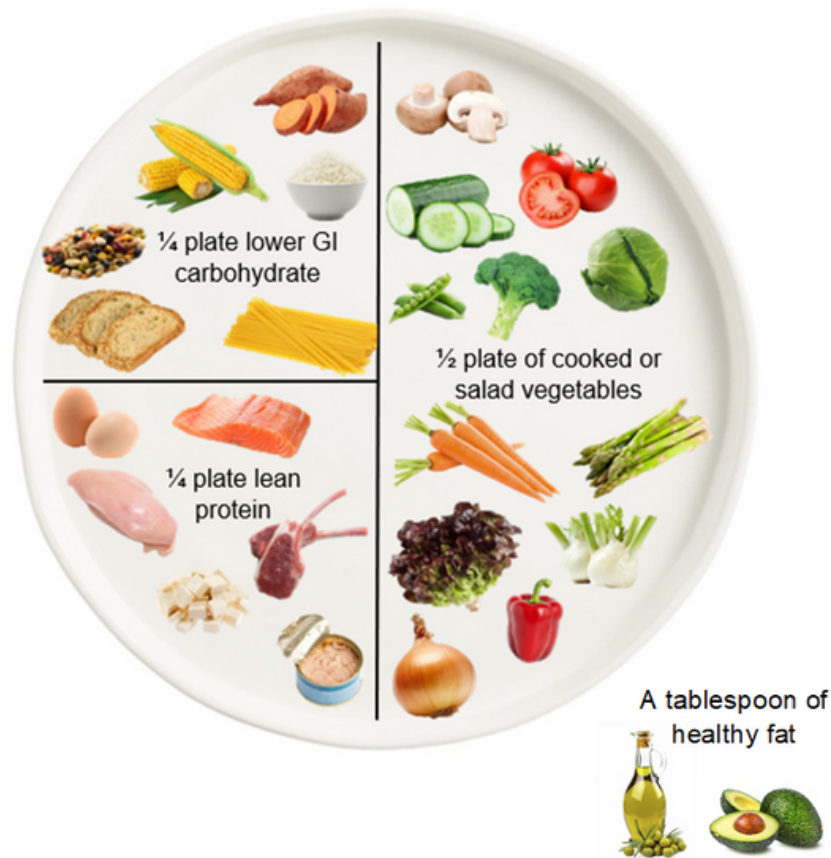


<https://www.islhd.health.nsw.gov.au/services-clinics/welcome-illawarra-shoalhaven-diabetes-service/health-moves-nutrition-program-1>



## Ways to Practise Portion Control

- Using the portion plate guide (with each meal)



- Using hand guides (with each meal)



**1 fist size of lower GI carbohydrate**



**1 palm size of lean protein**



**2 cupped hands worth of vegetables**

- Choosing smaller dinner plates and bowls
- Asking for half portions when dining out
- Avoiding eating straight from large packets or containers
- Drinking a glass of water with each meal
- Waiting for 15 minutes before going back for seconds
- Brushing your teeth straight after meals



### **Activity 3: How Will You Practise Portion Control?**

On the lines below, write down 3 tips from the previous page (page 8) that you would like to use to help you practise portion control with your meals.

1

---

2

---

3

---

## **Why is Portion Control Important?**

Practising portion control can benefit you in a number of ways. These include:

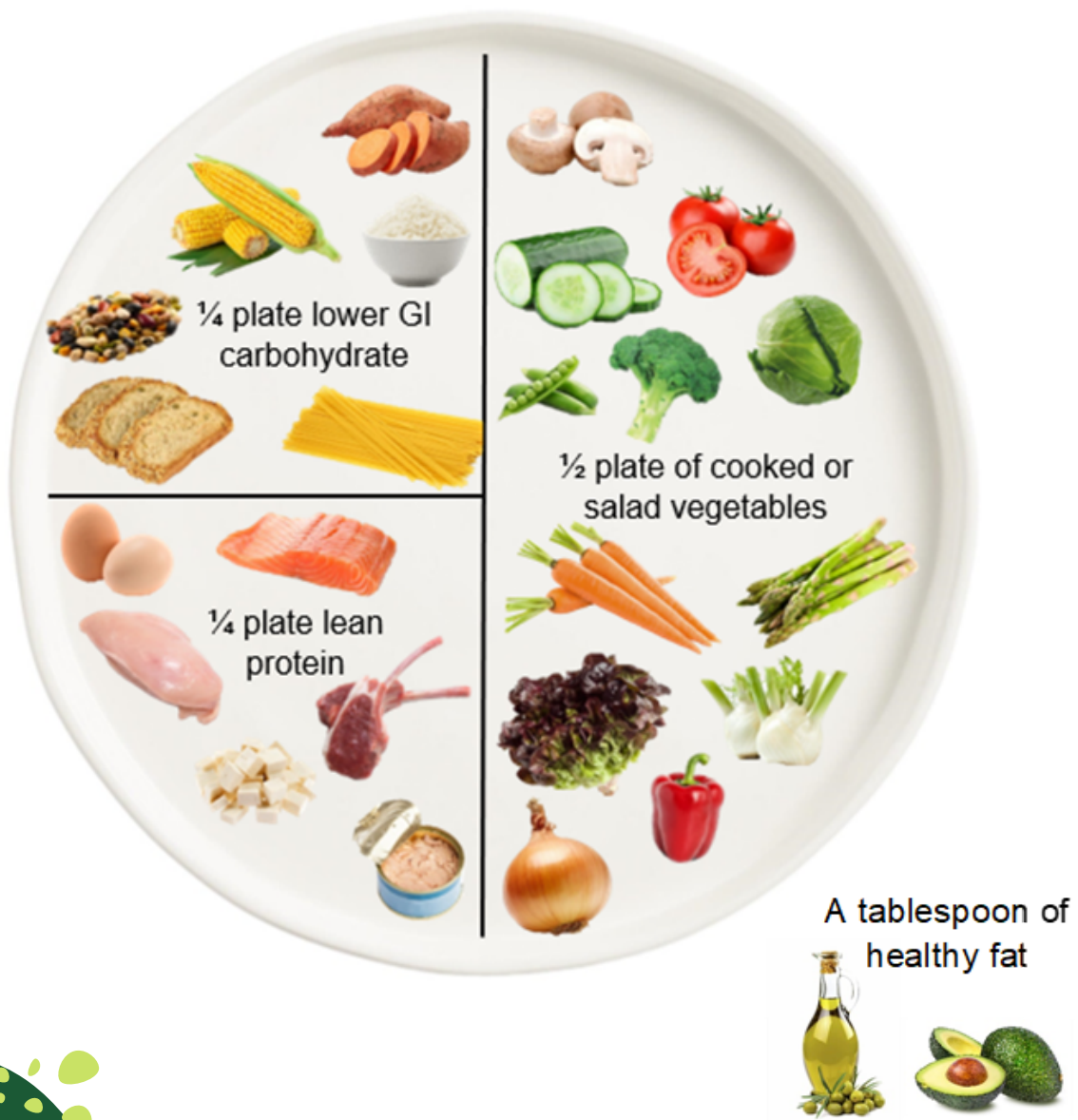
- **Better weight control:** Controlling meal portions helps to reduce your calorie intake
- **Improved digestion:** Eating portions that are too large can cause indigestion, stomach cramps, nausea, and bloating
- **Improved blood sugar control:** Eating large amounts of carbohydrate-rich foods in one sitting can cause a big spike in blood sugar levels
- **Reduced food waste:** Buying and cooking just the right amount of food means that less food goes off, gets thrown away, or gets unused
- **Saving money:** Buying food according to a meal plan with sensible portion sizes means you will not waste money on too much food or unnecessary items

## C) BALANCING YOUR MEALS

### What Does a Balanced Meal Look Like?

A balanced meal contains the right amounts of carbohydrate, protein, fat, and non-starchy foods. A balanced meal should include a variety of foods from the 5 food groups. Occasional foods and drinks should be limited. Water is the best option to drink with your meals.

The picture below shows how a balanced meal should be structured.



## Why Are Balanced Meals Important?

Consuming 3 small balanced main meals and 2–3 healthy snacks per day is important for good health. A balanced meal:

- Provides the right energy and nutrients for your body to use throughout the day
- Keeps blood sugar levels stable
- Can reduce cravings for highly processed occasional foods and drinks
- Can help to reduce fatigue



### **Activity 4:** Practising How to Balance Meals

Pictured on the next 2 pages are some meal examples. Make some changes to each of these meals so that they become more balanced. An example of how to make each meal more balanced is provided for you.

Once you've done this, compare your answers with the answers on the Health Moves Nutrition Program website by scanning the QR code below.



<https://www.islhd.health.nsw.gov.au/services-clinics/welcome-illawarra-shoalhaven-diabetes-service/health-moves-nutrition-program-1>

## Meal

## Ideas to Make the Meal Balanced

Weetbix with milk



- Choose a low GI cereal instead (e.g. Special K)

- 
- 

White toast with jam



- Cut out the jam

- 
- 
- 

Honey or vegemite sandwich



- Cut out the honey

- 
- 
- 

Ham and cheese toastie



- Choose a low GI bread

- 

Chicken salad



- Add a low GI carbohydrate (e.g. Pasta)

-

## Meal

## Ideas to Make the Meal Balanced

Roast dinner with potatoes and vegetables



- Choose a lean protein (e.g. Chicken breast instead of thigh)
- 
- 

Stir fry with meat and vegetables



- Use a low GI rice (e.g. Low GI Clever Rice)
- 
- 

Spaghetti napolitana



- Add lean protein (e.g. Lean beef mince)
- 
-



## Balanced Meal Ideas

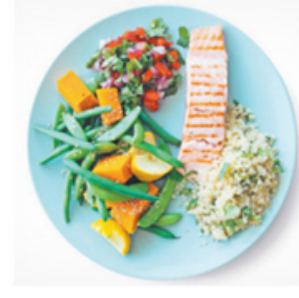
Below are some examples of balanced meals from the '[Baker Heart & Diabetes Institute – Portion Plate Guide Factsheet](#)' (details to access this resource are in '[Part E](#)' of this module '[Helpful Resources](#)').



**Chicken, vegetables and rice**



**Steak, vegetables and mash potato**



**Fish, salads and quinoa**



**Spaghetti bolognese and salad**



**Tofu, vegetables and noodles**



**Lentil and vegetable salad**



**Chicken curry, cooked vegetable, salad and rice or chappati**



**Tofu, vegetables and rice**



**Meat, salads and rice**



**Cheese and salad sandwich**



**Egg and vegetable omelette with toast**



**Legume, vegetable and pasta soup**

## D) MULTIPLE CHOICE QUIZ

Congratulations on finishing this module!

To test your knowledge on what you have learnt from Module 2, answer the following multiple-choice questions. Colour in the circle next to the answer you believe is most correct.

Once you are finished, compare your answers to the answers on the Health Moves Nutrition Program website by scanning the QR code below.

Good luck!



<https://www.islhd.health.nsw.gov.au/services-clinics/welcome-illawarra-shoalhaven-diabetes-service/health-moves-nutrition-program-1>

### 1. Which of the following are examples of low GI carbohydrates?

- a) Cornflakes and white bread
- b) Sweet potato and quinoa
- c) Honey and pretzels



## 2. Is the following statement true or false?

*“Portion size is the amount of food or drink that you choose to consume in one sitting. Whereas serve size is the amount of food recommended by the Australian Dietary Guidelines or the nutrition label of packaged foods and drinks.”*

- a) True
- b) False

## 3. What does a balanced plate look like?

- a)  $\frac{1}{4}$  plate of plate cooked or salad vegetables   
 $\frac{1}{4}$  plate of lower GI carbohydrate  
 $\frac{1}{2}$  plate of lean protein
- b)  $\frac{1}{4}$  plate of lower GI carbohydrate   
 $\frac{1}{4}$  plate of lean protein  
 $\frac{1}{2}$  plate of cooked or salad vegetables
- c)  $\frac{3}{4}$  plate of cooked or salad vegetables   
 $\frac{1}{4}$  plate of lean protein

## E) HELPFUL RESOURCES

Scan the QR codes below to access additional information about each topic covered in this module.

### A) Glycemic Index

National Diabetes Services Scheme –  
Factsheet: The Glycemic Index



<http://www.ndss.com.au/wp-content/uploads/factsheets/fact-sheet-glycemic-index.pdf>

National Diabetes Services Scheme – The  
Glycemic Index: A Quick Guide:



<http://www.ndss.com.au/wp-content/uploads/quick-guide-glycemic-index.pdf>

The University of Sydney – Glycemic Index:  
Everything You Need to Know About GI!



<http://glycemicindex.com/>

### B) Portion Control

Baker Heart & Diabetes Institute – Portion  
Plate Guide Factsheet:



<http://baker.edu.au/-/media/documents/factsheets/baker-institute-factsheet-portion-plate-guide.pdf>

### C) Balancing Your Meals

National Diabetes Services Scheme (NDSS)  
Meal Inspirations:



<http://www.ndss.com.au/wp-content/uploads/factsheets/fact-sheet-healthy-meal-ideas.pdf>