

Dietitians New Zealand | Ngā Pūkenga Kai Ora o Aotearoa

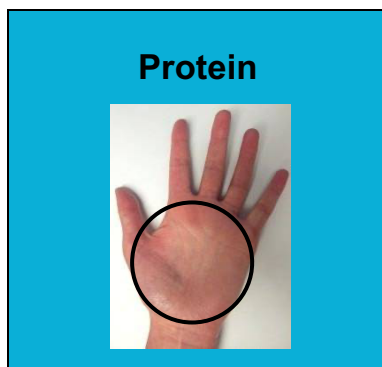
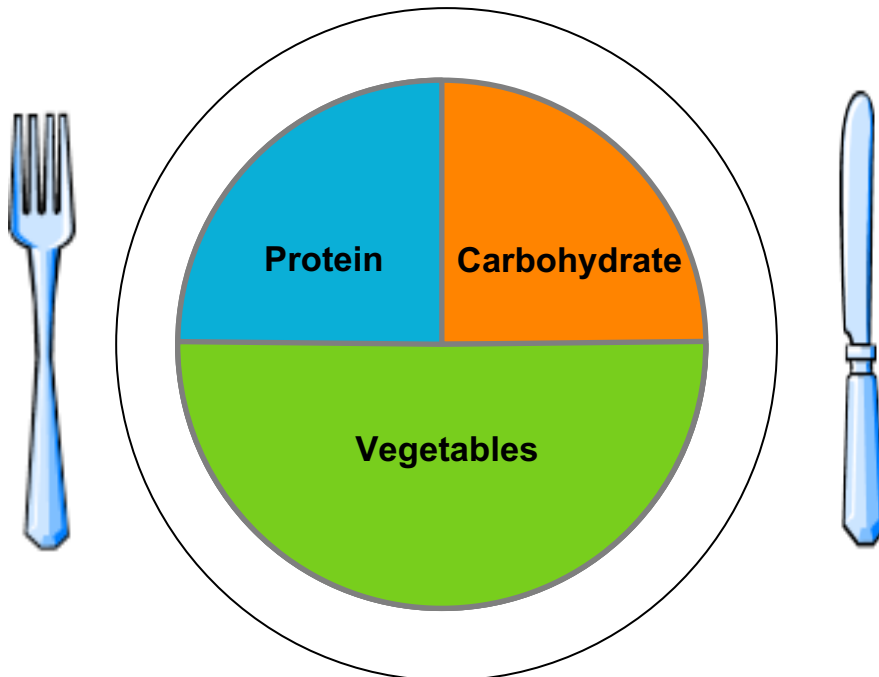
EMPOWERING KIWIS  
TO EAT WELL

INFORMATION *for people*  
and *whānau* with DIABETES

**BASIC GENERAL**  
**HEALTHY PLATE MODEL**

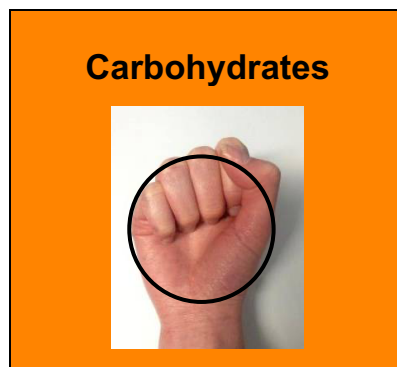
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# Healthy Plate Model



Aim for **1 palm size** serve of protein

Examples: chicken, fish, tofu, meat OR handful of lentils or beans OR 2-3 eggs.



Aim for **1 fist size** serve of carbohydrates

Examples: kumara, potato, rice, taro, yam, pasta, grains, green banana, noodles or bread (e.g. 1-2 slices).

You can include 1 piece/handful of fruit.



Aim for **2 handfuls** of vegetables or salad

Examples: broccoli, carrots, spinach, watercress, puha, courgette, cauliflower, tomato, cucumber, eggplant, lettuce or cabbage.

This nutrition information has been developed by Te Whata Ora - Waitematā Dietitians.

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**Dietitians NZ**

Ngā Pukenga Kai Ora o Aotearoa



*We'd love to hear from you.*  
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