

VU CHEW Program

(Cooking, Healthy Eating, and Wellness)

Perfect Your Portion

fist size

open hands

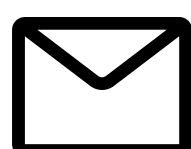
palm size

Add....

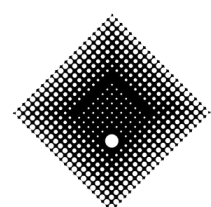
- healthy fat
- low fat diary

Tips for portion control

- Use a smaller plate
- Eat slowly
- Avoid seconds, have a healthy snack instead



contact Monica for more information monica.wellington@vu.edu.au



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