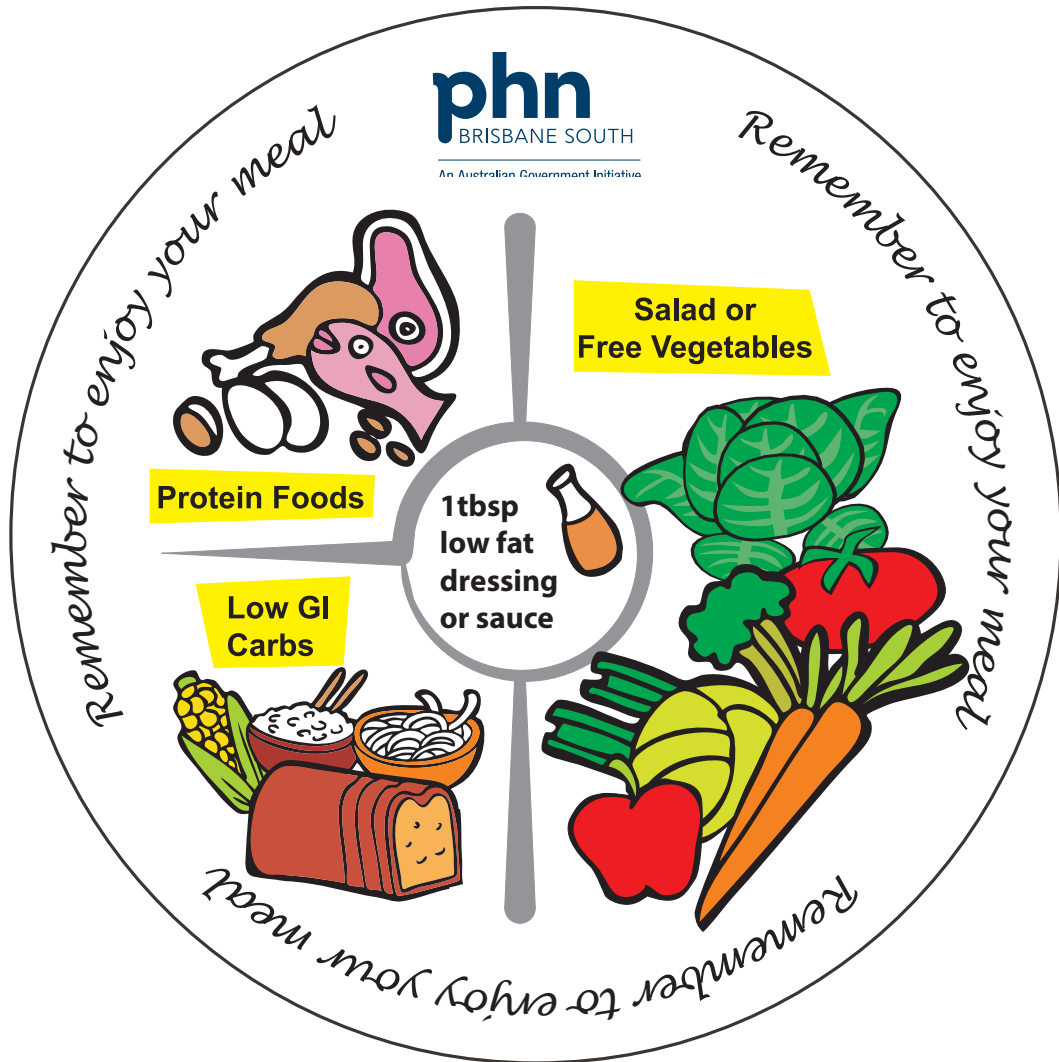


# The ideal plate



### **Protein Foods**

- Lean red meat • Poultry • Fish • Egg • Tofu
- Legumes - soy beans, baked beans, lentils, chickpeas etc.

### **Low GI Carbohydrates**

- Sweet Potato • Peas • Corn • Basmati or Doongara Rice
- Pasta / Rice Noodles • Multigrain Bread

This segment may also contain occasional amounts of new potatoes, pita bread, parsnip, pumpkin or beetroot, being medium GI carbs.

### **Salad and Free Vegetables**

- Alfalfa • Artichoke • Asparagus • Bamboo Shoots • Beans (green)
- Bean Sprouts • Broccoli • Brussel Sprouts • Cabbage • Capsicum
- Carrots • Lettuce • Marrow • Mushrooms • Onions • Radish
- Rhubarb • Rocket • Shallots • Silverbeet • Spinach • Spring Onion
- Squash • Swede • Tomatoes • Turnips • Watercress
- Water Chestnut • Zucchini

### **Low Fat Sauce / Dressing**

- Commercial low fat dressings or those based on fruit juice or low fat mayonnaise • Skim milk sauces • Low fat Gravox® mixes • Apple
- Honey Soy • Oyster • Mint • Plum • BBQ • Tomato
- Soy Hoisin • Teriyaki • Worcestershire • Chilli
- Sweet Chill • Black Bean
- Lite Cheese Sauces