



Hey there,

It's important to have a guide for each meal be it a home cooked or store bought, Whether it's a local Ghanaian dish or not, to control your weight and eat in a healthy manner, having something to guide you always makes it easier. I hope this short portion control guide helps you.

Love, Aba.

A rough guide for each meal is:

- **Vegetables or salad:** Half a plate
- **High-quality protein:** Quarter of a plate — this includes meat, poultry, fish, eggs, dairy, beans and pulses
- **Complex carbs:** Quarter of a plate — such as whole grains and tubers like yams and plantains
- **High-fat foods:** Half a tablespoon (7 grams) — including cheese, oils and butter

**OR**

A rough guide for each meal is:

- **High-protein foods:** A palm-sized serving for women and two palm-sized portions for men — such as meat, fish, poultry and beans
- **Vegetables and salads:** A fist-sized portion for women and two fist-sized portions for men
- **High-carb foods:** One cupped-hand portion for women and two for men — such as whole grains and starchy vegetables
- **High-fat foods:** One thumb-sized portion for women and two for men — such as butter, oils and nuts

Remember that this is a rough guide, as people have different dietary needs. For example, those who are more physically active often require more food.

As vegetables and salad are naturally low in calories but high in fiber and other nutrients, filling up on these may help you avoid overeating calorie-dense foods.

### At home:

- Use smaller dishes at meals.
- Serve food in the right portion amounts, and don't go back for seconds.
- Put away any leftovers in separate, portion-controlled amounts. Consider freezing the portions you likely won't eat for a while.
- Never eat out of the bag or carton.
- Don't keep platters of food on the table; you are more likely to "pick" at it or have a second serving without realizing it.

### At restaurants:

- Ask for half or smaller portions.

Now to the specifics of your diet plan,

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- Porridges
  - 1 cup of porridge
  - Honey as sweetener
  - 2 tsp of cream if you prefer
  
- Soup bowls
  - 1 soup ladle is equivalent to approximately ½ a cup of soup
  - Your soup bowl should be made of 5 soup ladles for light soups
  - And 3.5 soup ladles of heavier soups like palm nut soups
  - Your protein portion should be equivalent to 200g (approx two of your palm size)
  
- Legume bowls
  - 2 soup ladles of legume stew
  - Ideally add some fish flakes or powder
  - To thicken you can add 1-2 tbsp of gari

- Rice dishes
  - Using your rice cooker spoon for all your rice dishes
  - For jollof with cooked without meat- 4 spoons
  - For jollof with cooked with meat- 6-7 spoons
  - For rice with stew or sauce- 3 spoons
  - For rice without stew or sauce -4-5 spoons
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- Stews and sauces
  - Still using your soup ladle
  - 2 soup ladles for green stews and sauces ie. Palava sauce
  - 4 soup ladles for green soups ie okro soups, ayoyo soups
  - 1 soup ladles for tomato based stews and sauces

