

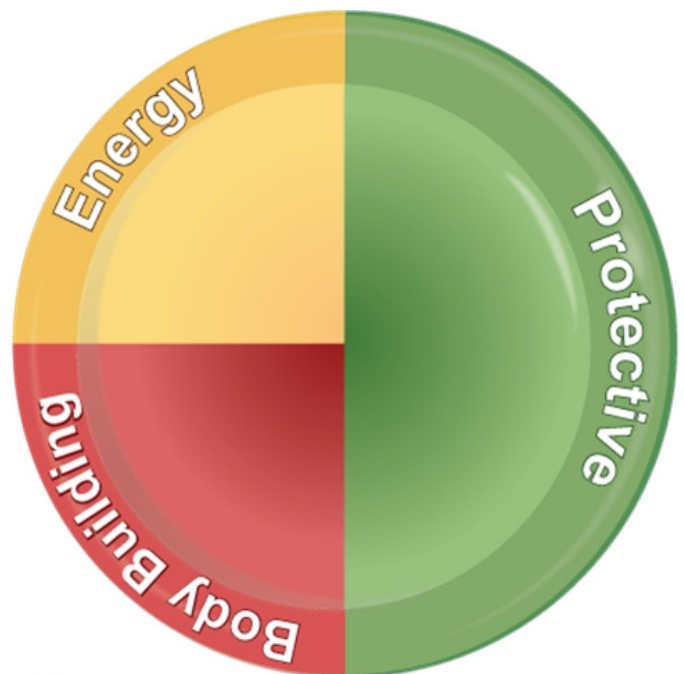
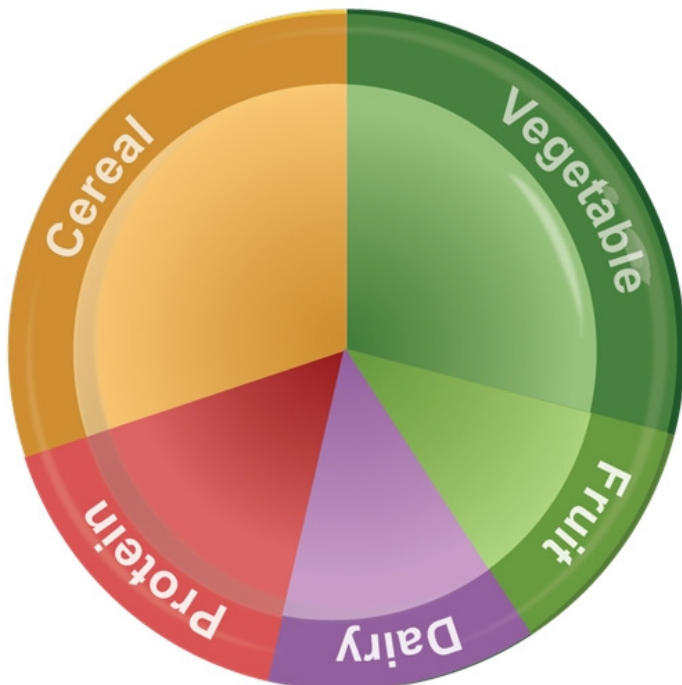
Choosing food plates – The rational

The CDRO Cooking website uses 2 plates:

Australian food guide plate



'Foods you need' plate



Pros:

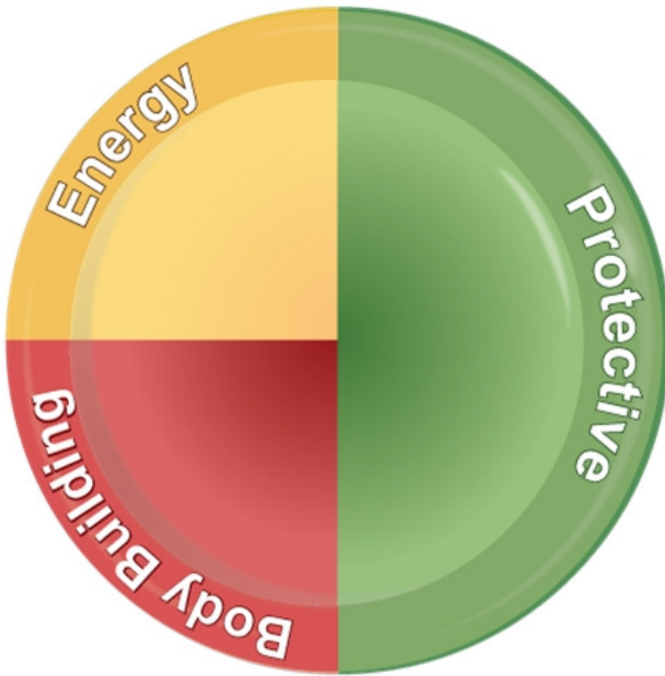
This plate use the 5 food groupings used in the Australian National Nutrition Guidelines

Pros:

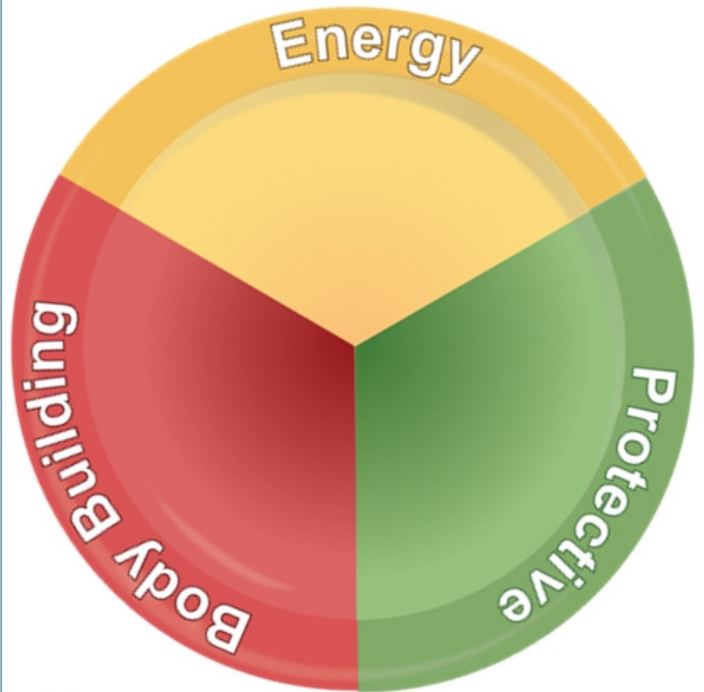
This plate has only 3 food groups and is based on how our bodies use food. It is simpler

Why use the 'Foods you need' plate rather than the 'Active' food plate?

'Foods you need' plate



'Active' food plate



Pros:

The plate emphasises protective food.

The plate is used clinically for meal planning especially for chronic disease

Cons:

People who are physically active may not get enough energy foods.

Pros:

The plate approximates more broadly with other national food plates. (Like the Australian Food Guide plate.) It is also for physically active people who do not have a weight problem.

It may be easier for a client or family group to comply with.

Cons:

The more variations people are presented with the more confused they become.

There is no need to print the following page when printing and using this resource

Health Professional Facilitator Information

You must at all times use your own professional judgement when using this resource

Purpose of resource:

To support the delivery of practical cooking and nutrition education sessions

Key skills:

This resource could be used to support development of the following skills:

- Identify which food group a food belongs to.

Target group:

This resource is designed to be used by Australians of all ages.

Notes:

This resource is designed to be printed A3 size and then laminated.

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