

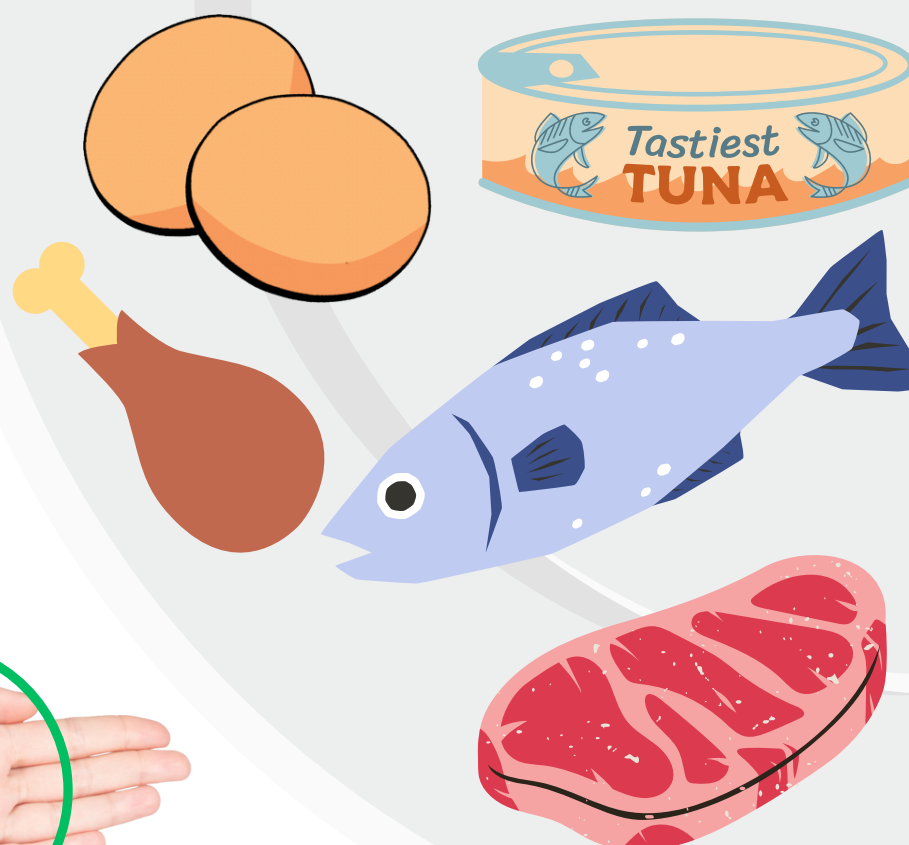
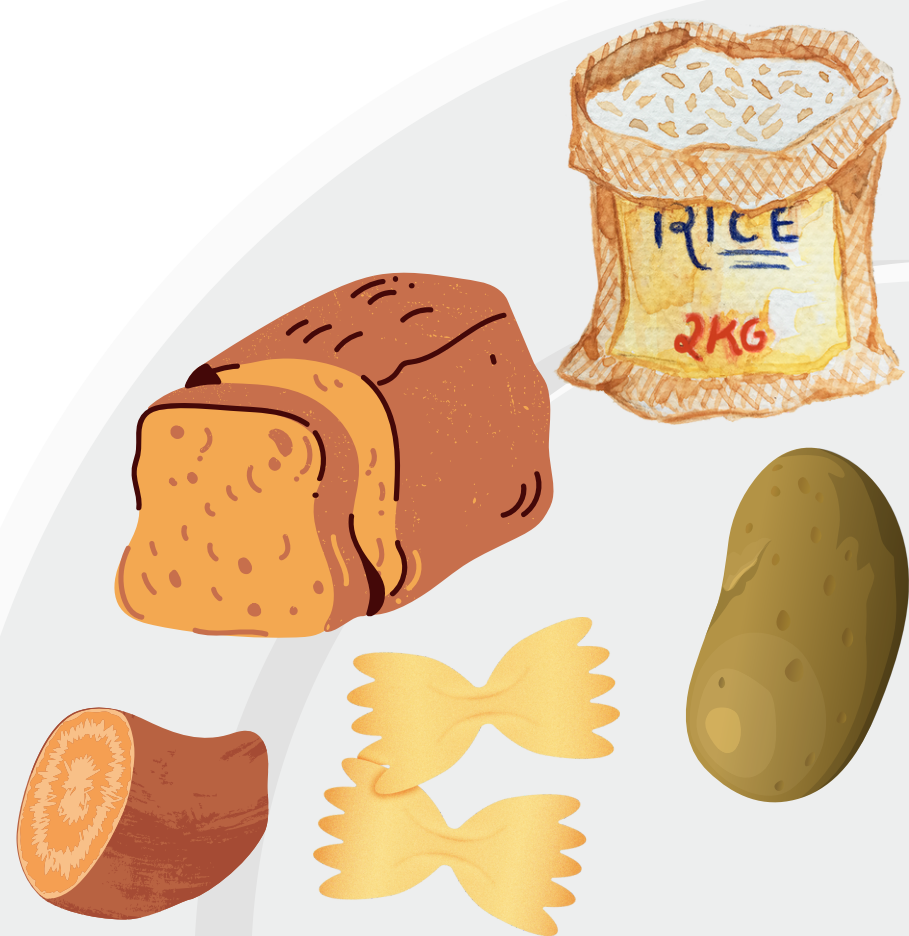
# VU CHEW Program

(Cooking, Healthy Eating, and Wellness)

# Perfect Your Portion



fist size



palm size



open hands



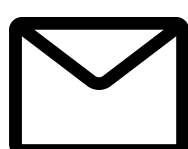
Add....



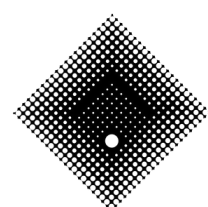
- healthy fat
- low fat diary

## 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](mailto:monica.wellington@vu.edu.au)



**VICTORIA UNIVERSITY**

**phn**  
WESTERN VICTORIA  
An Australian Government Initiative

Supporting People with an Intellectual Disability to Access Health (SPIDAH)

