

# Trying to serve the right balance?

# Think 1,2,3

Getting the nutritional balance right for every meal you serve may be easier than you think. Nestlé's 1,2,3 approach breaks it down to a simple and memorable formula: 1 serve of protein, 2 serves of carbohydrates and 3 serves of vegetables and salad. Easy!

## Vegetables or Salad

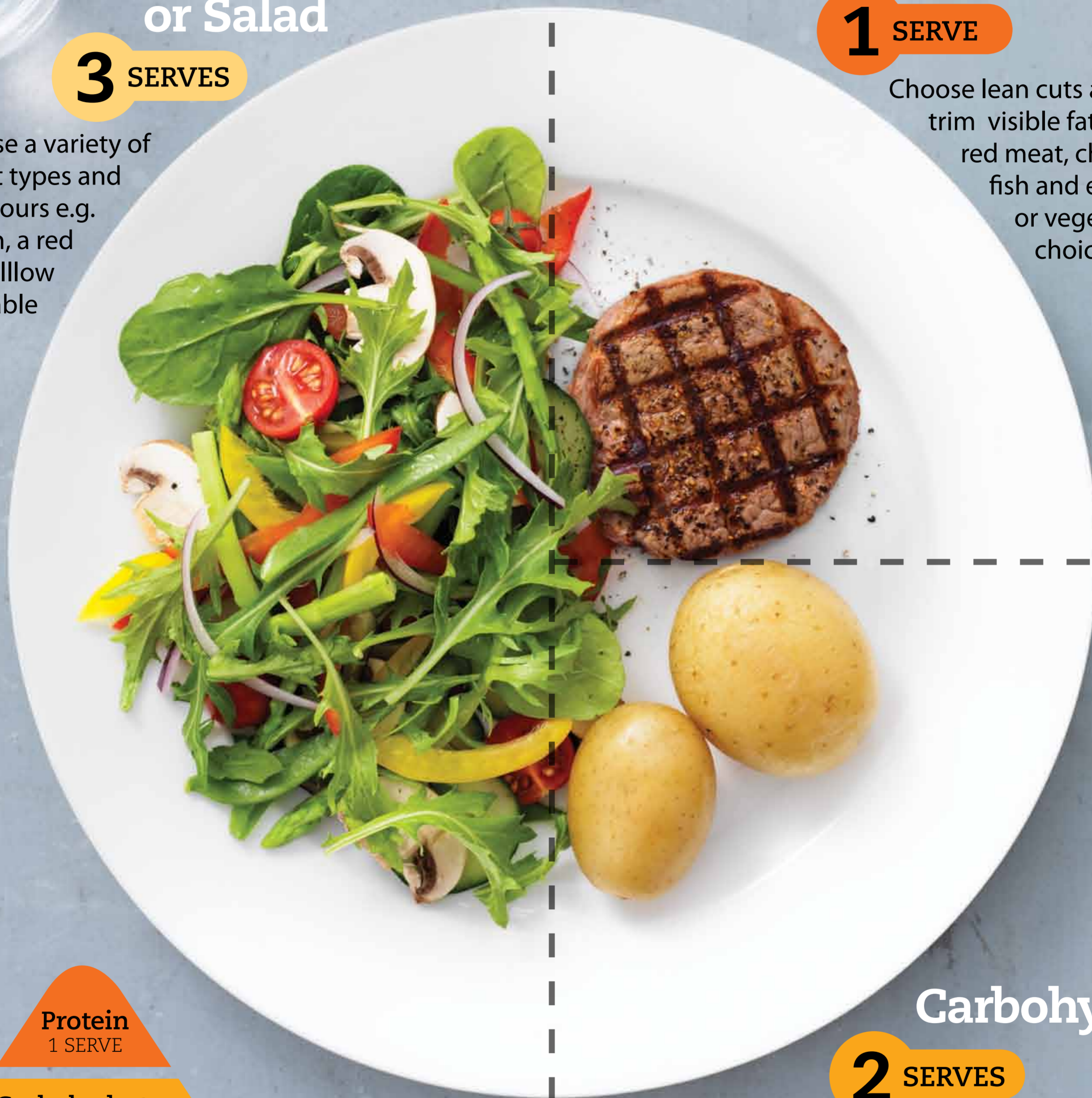
**3** SERVES

Choose a variety of different types and colours e.g. a green, a red and a yellow vegetable

## Protein

**1** SERVE

Choose lean cuts and trim visible fat e.g. red meat, chicken, fish and eggs or vegetarian choices



## Carbohydrates

**2** SERVES

Choose lower GI or wholegrain varieties e.g. rice, pasta, potato and wholegrain bread

Protein  
1 SERVE

Carbohydrates  
2 SERVES

Vegetables & Salad  
3 SERVES

Nutrition, Health & Wellness at Nestlé  
Helping our people to follow a healthier diet.

