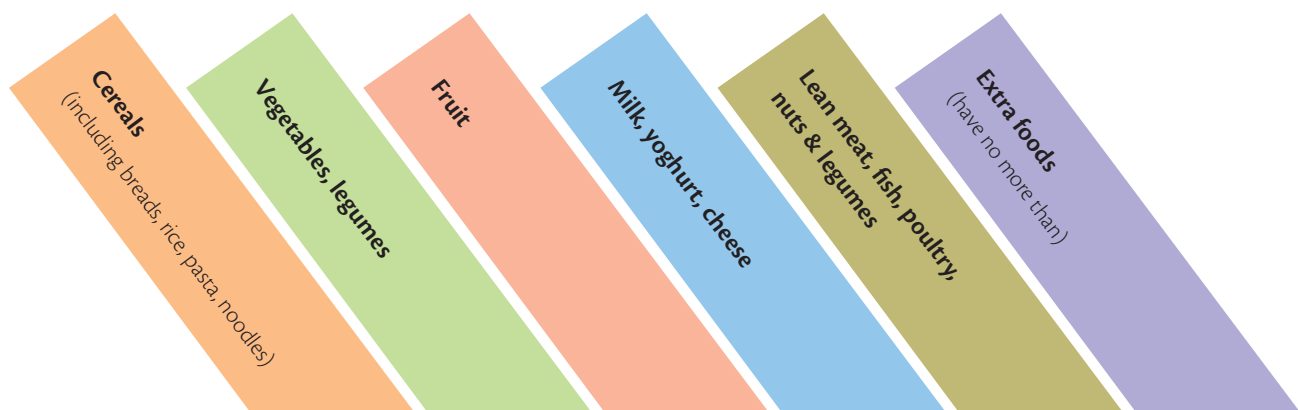


Enjoy a wide variety of nutritious foods

How many serves of these foods should we eat on average each day?

This depends a little on your body size and activity level but aim for the following:



Children & teenagers						
4–7 years	5–7	2	1	2	½	1–2
8–11 years	6–9	3	1	2	1	1–2
12–18 years	5–11	3	3	3	1	1–3

Women						
19–60 years	4–9	5	2	2	1	0–2½
60+ years	4–7	5	2	2	1	0–2
Pregnant	4–6	5–6	4	2	1½	0–2½
Breast feeding	5–7	7	5	2	2	0–2½

Men						
19–60 years	6–12	5	2	2	1	0–3
60+ years	4–9	5	2	2	1	0–2½

What is a serve? Here are some examples

Cereals, breads etc		
2 slices of bread	1 medium bread roll	1 cup cooked rice, pasta, noodles
1 cup porridge	1 cup breakfast cereal flakes	or ½ cup muesli

Vegetables and legumes (choose a variety)		
Starchy vegetables		
1 medium potato or yam	½ medium sweet potato	1 medium parsnip
Dark green leafy vegetables		
½ cup cabbage, spinach, silverbeet, broccoli, cauliflower or brussels sprouts		
Legumes and other vegetables		
1 cup lettuce or salad vegetables	½ cup broad beans, lentils, peas, green beans, zucchini, mushrooms, tomatoes, capsicum, cucumber, sweetcorn, turnips, swede, sprouts, celery, eggplant etc	

Fruit		
1 piece medium sized fruit eg apple, orange, mango, mandarin, banana, pear, peach etc		
2 pieces of smaller fruit eg apricots, kiwi fruit, plums, figs		About 8 strawberries
1 cup diced pieces or canned fruit	½ cup fruit juice	¼ medium melon (rockmelon, honeydew)
Dried fruit eg 4 dried apricots	1½ tablespoons sultanas	About 20 grapes or cherries

Milks, yoghurt, cheese & alternatives		
250 ml glass or one cup of milk (can be fresh, longlife or reconstituted milk)		
½ cup evaporated milk	40g (2 slices) of cheese	250ml (1 cup custard)
200g (1 small carton) of yoghurt, plain or fruit, <i>or, as an alternative try:</i>		
a cup of calcium-fortified soy milk	1 cup almonds	½ cup pink salmon with bones

Meat, fish, poultry & alternatives		
65-100gm cooked meat or chicken (eg ½ cup mince, 2 small chops or 2 slices roast meat)		
80-120g cooked fish fillet, <i>or, as an alternative try:</i>		
2 small eggs	½ cup cooked (dried) beans, lentils, chick peas, split peas or canned beans	1/3 cup peanuts or almonds

Extras Foods which we can occasionally include for variety. They are generally higher in fat and/or sugar, kilojoules, salt etc		
1 medium piece of plain cake or 1 bun	3-4 sweet biscuits	Half a chocolate bar
60g jam, honey (1 tablespoon)	30g potato crisps	Slice pizza = 2 extras
1 can soft drink or 2 glasses cordial	2 scoops icecream	1 meat pie or pasty = 3 extras
2 standard glasses of alcohol (for adults only)		1 tablespoon (20g) butter, margarine, oil