



Foundation diet:

Recommended daily serves from each food group

Recommended average daily number of serves from each of the five food groups			Additional serves for taller or more active men and women			
	Vegetable & legumes /beans	Fruit	Grain (cereal) foods, mostly wholegrain	Lean meat and poultry, fish, eggs, nuts and seeds, and legumes/beans	Milk, yoghurt, cheese and/or alternatives (mostly reduced fat)	Approx. # additional serves from the five food groups or discretionary choices
Men						
19-50	6	2	6	3	2 ½	0-3
51-70	5 ½	2	6	2 ½	2 ½	0-2 ½
70+	5	2	4 ½	2 ½	3 ½	0-2 ½
Women						
19-50	5	2	6	2 ½	2 ½	0-2 ½
51-70	5	2	4	2	4	0-2 ½
70+	5	2	3	2	4	0-2
Pregnant	5	2	8 ½	3 ½	2 ½	0-2 ½
Lactating	7 ½	2	9	2 ½	2 ½	0-2 ½

Includes an allowance for unsaturated spreads or oils, nuts or seeds (4 serves [28-40g] per day for men less than 70 years of age; 2 serves [14-20g] per day for women and older men.)

Source: NMHRC - <http://www.eatforhealth.gov.au/food-essentials/how-much-do-we-need-each-day/recommended-number-serves-adults>