



So what is a serve?

Grains and Cereals Group

Choose mostly wholegrain and/or high cereal fibre varieties.

A standard serve is (500kJ) or:

- 1 slice (40g) bread
- ½ medium (40g) roll or flat bread
- ½ cup (75-120g) cooked rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulgur or quinoa
- ½ cup (120g) cooked porridge
- 1/3 cup (30g) wheat cereal flakes
- ¼ cup (30g) muesli
- 3 (35g) crispbreads
- 1 (60g) crumpet
- 1 small (35g) English muffin or scone

Vegetable and Legumes Group

A standard serve is about 75g (100–350kJ) or:

- ½ cup cooked green or orange vegetables (for example, broccoli, spinach, carrots or pumpkin)
- ½ cup cooked dried or canned beans, peas or lentils (preferably with no added salt)
- 1 cup green leafy or raw salad vegetables
- ½ cup sweet corn
- ½ medium potato or other starchy vegetables (sweet potato, taro or cassava)
- 1 medium tomato

Fruit Group

A standard serve is about 150g (350kJ) or:

- 1 medium apple, banana, orange or pear
- 2 small apricots, kiwi fruits or plums
- 1 cup diced or canned fruit (no added sugar)

Or only occasionally:

- 125ml (½ cup) fruit juice (no added sugar)
- 30g dried fruit (for example, 4 dried apricot halves, 1½ tablespoons of sultanas)

Milk / Yoghurt / Cheese Group

A standard serve is (500–600kJ): or

- 1 cup (250ml) fresh, UHT long life, reconstituted powdered milk or buttermilk
- ½ cup (120ml) evaporated milk
- 2 slices (40g) or 4 x 3 x 2cm cube (40g) of hard cheese, such as cheddar
- ½ cup (120g) ricotta cheese
- ¾ cup (200g) yoghurt
- 1 cup (250ml) soy, rice or other cereal drink with at least 100mg of added calcium per 100ml

If dairy products are not consumed the following foods contain similar amounts of calcium.

- 100g almonds with skin
- 60g sardines, canned in water
- ½ cup (100g) canned pink salmon with bones
- 100g firm tofu

Meat, Poultry, Fish, Eggs, Legumes, Nuts Group

A standard serve is (500–600kJ) or

- 65g cooked lean red meats such as beef, lamb, veal, pork, goat or kangaroo (about 90-100g raw)
- 80g cooked lean poultry such as chicken or turkey (100g raw)
- 100g cooked fish fillet (about 115g raw) or one small can of fish
- 2 large (120g) eggs
- 1 cup (150g) cooked or canned legumes/beans such as lentils, chick peas or split peas (preferably with no added salt)
- 170g tofu
- 30g nuts, seeds, peanut or almond butter or tahini or other nut or seed paste

Discretionary Foods

Discretionary food choices are foods that do not fit into the five food groups. Usually these foods are high in saturated fats, salt, simple sugars; they also have high energy content but little nutritional value.

For individuals who are overweight or trying to lose weight, these discretionary foods are best avoided, however for healthy individuals of normal weight, occasional small amounts may be included in the diet.

Discretionary foods' containing higher sugars, fats, and alcohol

Higher added sugars	Higher fat	Higher fat and added sugars	High alcohol
Energy drinks Fruit drinks Honey Jams, marmalade Some sauces Sugar Sugar confectionary Sweetened soft drinks and cordials Sweetened waters Syrups	Bacon, ham Butter, cream, ghee Certain tacos, nachos, enchilada Crisps Dairy blends Frankfurts, hotdogs Meat pies Pastry Pizza Potato chips Quiche Salami Some processed meats Some sauces/dressings Spring roll	Biscuits Cake Chocolate/Bars Dessert custards Doughnuts Ice cream Iced Buns Muesli bars Puddings Slices Some confectionary Some sauces/ dressings Sweet muffins Sweet pastries Sweet pies and crumbles	Beer Liqueurs Mixed alcoholic drinks Port Sherry Spirits Wines

Source: NHMRC, <http://www.eatforhealth.gov.au/food-essentials/discretionary-food-and-drink-choices>

How much water do we need?

The amount of water required each day will vary depending on climate, physical activity and individual needs.

A general guide us as follows:

- 4-5 cups of fluids a day for children up to 8 years
- 6-8 cups for adolescents
- 8 cups for women (9 cups in pregnancy and lactation)
- 10 cups for men.

It is preferable to meet most fluid needs by drinking plain water.