



Australian dietary guidelines

Provide a general guide to healthy eating that promotes well-being, lower risks of conditions like high cholesterol, hypertension, obesity, diabetes, heart diseases, and cancer.

Older adults should eat a nutritious, stay active for muscle strength and a healthy weight.



How many serves of each do I need?

Recommended average daily number of serves*	Male		Female	
	51-70	70+	51-70	70+
Vegetables and legumes or beans	5.5	5	5	5
Fruit	2	2	2	2
Grain (cereal) foods, mostly wholegrain and high-fibre varieties	6	4.5	4	3
Lean meats and poultry, fish, eggs, tofu, nuts, seeds, and legumes or beans	2.5	2.5	2	2
Dairy and alternatives (mostly reduced fat)	2.5	3.5	4	4
Approx. number of additional serves from the five food groups or discretionary choices	0-2.5	0-2.5	0-2.5	0-2

*Additional serves may be needed for taller or more active men and women.



Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.
Drink plenty of water.



Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Fruit



Use small amounts



Only sometimes and in small amounts





How many serves of each do I need?



Fruits are about 150g (350kJ)

- 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 ($\frac{1}{2}$ cup) fruit juice (no added sugar)
- 30g dried fruit (for example, 4 dried apricot halves, $1\frac{1}{2}$ tbsp of sultanas)



Vegetables are about 75g (100–350kJ)

- $\frac{1}{2}$ cup cooked green or orange vegetables (broccoli, spinach, carrots or pumpkin)
- $\frac{1}{2}$ cup cooked dried or canned beans, peas or lentils (preferably with no added salt)
- 1 cup green leafy or raw salad vegetables
- $\frac{1}{2}$ cup sweet corn
- $\frac{1}{2}$ medium potato or other starchy vegetables (sweet potato, taro or cassava)
- 1 medium tomato



Milk, yoghurt, cheese and alternatives, mostly reduced fat (500–600kJ)

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

*Choose mostly reduced fat



Lean meats and poultry, fish, eggs, tofu, nuts, seeds and legumes /beans (500–600kJ)

- 65g red cooked lean meats such as beef, lamb, veal, pork, goat or kangaroo (90-100g raw)
- 80g (100g raw) cooked lean poultry such as chicken or turkey
- 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, tahini or other nut/seed paste (no added salt)



Grains (cereals) (500kJ)

- 1 slice (40g) bread
- 1/2 medium (40g) roll or flat bread
- 1/2 cup (75-120g) cooked rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulgur or quinoa
- 1/2 cup (120g) cooked porridge
- 2/3 cup (30g) wheat cereal flakes
- 1/4 cup (30g) muesli
- 3 (35g) crispbreads
- 1 (60g) crumpet
- 1 small (35g) English muffin or scone

*Choose, mostly wholegrain and/or high cereal fibre varieties



Discretionary choices (600kJ)

- 2 scoops (75g) regular ice cream
- 1/4 cup condensed milk
- 50-60g (about two slices) processed meats, salami, mettwurst
- 1 1/2 thick or 2 thinner higher fat/salt sausages
- 30g (small single serve packet) salty crackers
- 2-3 sweet biscuits
- 1 (40g) doughnut
- 1 slice (40g) plain or small cake-type muffin
- 40g confectionary (about five-six small lollies)
- 60g (tbsp) jam/honey
- 1/2 small bar (25g) chocolate
- 2 tbsp (40g) cream
- 1 tbsp (20g) butter or hard margarine
- 200ml wine = to 2 standard drinks (this is often one glass for many Australian wines)
- 60 ml spirits (2 standard drinks)
- 600ml light beer (1 1/2 standard drinks)
- 400ml regular beer (1 1/2 standard drinks)
- 1 can (375ml) soft drink
- 1/3 (60g) commercial meat pie or pasty
- 12 (60g) fried hot chips

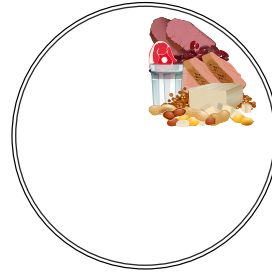


Healthy Main Meal Portions Guide



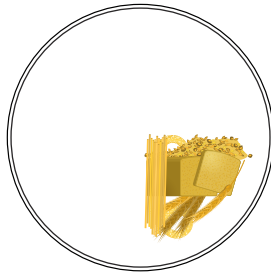
Step 1

Choose your vegetables
eg. prepared salad mix, frozen or fresh vegetables or pre-chopped vegetables



Step 2

Choose a lean protein
eg. fish, skinless chicken, lean red meat, eggs, lentils, cottage cheese, can of tuna/sardines and tofu



Step 3

Choose a low glycemic index carbohydrate
eg. corn, sweet potato, wholemeal pasta, grainy bread, quinoa or barley



Step 4

Add a dash of healthy fats
eg. cook vegetables with olive oil or add avocado to salad



Step 5

Enjoy!!

Healthy Snack Ideas

- Vegetable sticks & dip (eg. carrot and cauliflower with hummus)
- Small handful of nuts and seeds (eg. cashews and pepitas seeds)
- Small tin of legumes (eg. snack time chickpeas with olive oil)
- Small can of tuna or salmon
- Piece of fruit - fresh, dried or frozen
- Small tub reduced fat natural, fruit or no added sugar yoghurt
- Drink low fat milk or unsweetened plant based milk
- Couple pieces of low fat cheese
- Cup of herbal tea or black coffee with a dash of milk
- Slice of wholegrain bread or crackers with avocado
- Boiled eggs
- Small pack of plain popcorn

Choosing ready made meals

Select a meal with:

- 1700 KJ or less per serve
- 30-50g carbohydrate per serve - preferably high fibre / low glycemic index
- 2g saturated fat or less per 100g
- 400mg sodium or less per 100g
- At least 2.5 servings of vegetables (if not, can you add some frozen vegetables or side salad?)

