



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



SERVE SIZES

Vegetables and legumes/beans



Serves per day	Men		Women	
	19-50 years	51-70 years	19-50 years	70+ years
Men	6	5½	5	5
Women	5	5	5	5

Fruit



Serves per day	Men		Women	
	19-50 years	51-70 years	19-50 years	70+ years
Men	2	2	2	2
Women	2	2	2	2

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

- 1 medium apple, banana, orange or pear
- 2 small apricots, kiwi fruits or plums
- 1 cup diced or canned fruit (with no added sugar)
- Or only occasionally:
- 125 ml (½ cup) fruit juice (with no added sugar)
- 30 g dried fruit (for example, 4 dried apricot halves, 1½ tablespoons of sultanas)

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



Serves per day	Men		Women	
	19-50 years	51-70 years	19-50 years	70+ years
Men	6	6	4½	3
Women	6	6	4	3

A standard serve (500 kJ) is:

- 1 slice (40 g) bread
- ½ medium (40 g) roll or flat bread
- ½ cup (75-120 g) cooked rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulgur or quinoa
- ½ cup (120 g) cooked porridge
- ½ cup (50 g) wheat cereal flakes
- ¾ cup (30 g) muesli
- ¾ cup (30 g) crispbreads
- 1 (60 g) crumpet
- 1 small (35 g) English muffin or scone

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



Serves per day	Men		Women	
	19-50 years	51-70 years	19-50 years	70+ years
Men	3	2½	2½	2
Women	2½	2	2	2

A standard serve (500-600 kJ) is:

- 65 g cooked lean meats such as beef, lamb, veal, pork, goat or kangaroo (about 90-100 g raw)
- 80 g cooked lean poultry such as chicken or turkey (100 g raw)
- 100 g cooked fish fillet (about 115 g raw weight) or one small can of fish eggs
- 2 large (120 g) eggs
- 1 cup (150 g) cooked or canned legumes/beans such as lentils, chick peas or split peas (no added salt)
- 170 g tofu
- 30 g nuts, seeds, peanut or almond butter or tahini or other nut or seed paste
- Weekly limit of 455 g

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



Serves per day	Men		Women	
	19-50 years	51-70 years	19-50 years	70+ years
Men	2½	2½	2½	3½
Women	2½	2	2½	4

A standard serve (500-600 kJ) is:

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

To meet additional energy needs, extra serves from the Five Food Groups or unsaturated spreads and oils, or discretionary choices may be needed only by those adults who are taller or more active, but not overweight.

An allowance for unsaturated spreads and oils for cooking, or nuts and seeds can be included in the following quantities: 28-40 g per day for men less than 70 years of age, and 14-20 g per day for women and older men.

For meal ideas and advice on how to apply the serve sizes go to www.eatforhealth.gov.au