

The Australian Dietary Guidelines are a great guide to food, nutrition and health. Based on scientific evidence and research, these guidelines advise on the types and amounts of foods we need to eat for optimum health and wellbeing. Some foods share similar important nutrients, and are grouped together into 'food groups'. Below is listed the set amounts that make up "a serve" of various foods for each food group. These amounts are identified as **1 serve** in the Australian Dietary Guidelines.

Vegetables and legumes/beans

- ½ medium potato (75g) or starchy vegetable (e.g. sweet potato)
- ½ cup (75g) sweetcorn, or cooked green or orange vegetables (e.g. spinach, broccoli, carrots, pumpkin)
- 1 cup (75g) green leafy or raw salad vegetables (e.g. lettuce, sprouts, carrot, beetroot)
- 1 medium tomato (75g)



Fruit

- 1 medium sized (150g) fruit (e.g. apple, pear, orange, banana)
 - 2 small sized (150g) fruit (e.g. plum, apricot, kiwi)
 - 1 cup (150g) diced fresh fruit or canned fruit (no added sugar)
- Only occasionally:*
- 30g dried fruit (e.g. 4 apricot halves, 1 ½ tablespoons sultanas)
 - ½ cup (125mL) fruit juice (no added sugar)



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

- 1 cup (250mL) fresh, long life, reconstituted powdered milk or butter milk
- 1 cup (250mL) milk alternative (e.g. soy, rice) with a minimum of 100mg added calcium per 100ml
- ¾ cup (200g) yoghurt
- 2 slices (40g) hard cheese
- ½ cup (120g) ricotta cheese



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

- 1 slice (40g) bread
- ½ medium (40g) bread roll
- ½ cup (75-120g) cooked rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulgur or quinoa
- ½ cup cooked porridge
- 2/3 cup (30g) wheat cereal flakes
- ¼ cup muesli
- 3 (35g) crispbreads
- 1 (60g) crumpet
- 1 small (35g) English muffin or scone



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

- 65g cooked lean 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 weight) 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 (no added salt)
- * Weekly limit of 455g



Unsaturated spreads and oils[#]

- 10g (2 teaspoons) polyunsaturated spread
- 10g (2 teaspoons) monounsaturated spread
- 7g (1 ½ teaspoons) polyunsaturated oil (e.g. olive or canola)
- 10g peanuts/tree nuts (e.g. 8-9 unsalted almonds) or 10g (2 teaspoons) nut pastes/butters

[#] Eat in small amounts only



For more information:

- Australian Dietary Guidelines
www.eatforhealth.gov.au

Check out our other fact sheets!

- How much should children eat?
- How much should teenagers eat?
- How much should adults eat?
- How much should elderly people eat?

Discretionary choices^{**}

Higher Added Sugar Foods - e.g:

- 1 can (375mL) soft drink
- 1 tablespoon (60g) jam/honey
- 2 tablespoons sugar
- 5-6 (40g) small lollies

Higher Saturated Fat Foods - e.g:

- 2 slices (50-60g) processed meats, salami or mettwurst
- 1 ½ thick or 2 thin regular sausages
- 1/4 (60g) meat pie or pastie
- 2 tablespoons (40g) cream
- 1 tablespoon (20g) butter
- 12 (60g) fried hot chips
- ½ snack size packet (30g) salty crackers or crisps

Higher Saturated Fat and Added Sugar Foods - e.g:

- 2 scoops (75g) ice-cream
- 2 -3 (35g) sweet biscuits
- 1 (40g) doughnut
- 1 slice (40g) plain cake or small cake-type muffin

High Alcohol Items - e.g:

- 200mL wine
- 60mL spirits
- 600mL light beer
- 400mL regular beer

**** Discretionary choice foods are not essential to our diet, and if chosen they should only be eaten sometimes and in small amounts.**



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