



Australian Guide to Healthy Eating

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

Drink plenty of water.

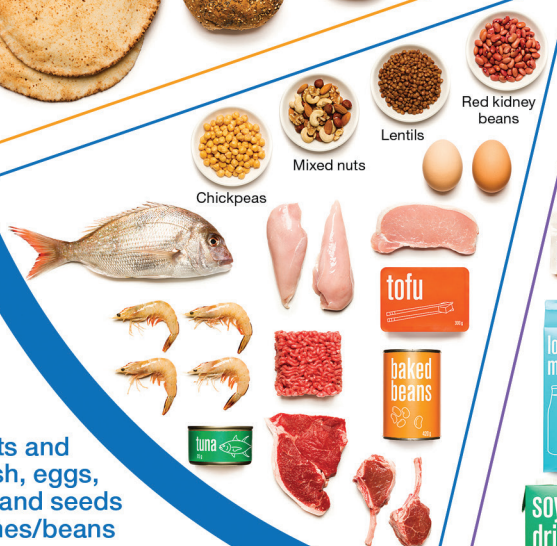
Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



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



Use small amounts



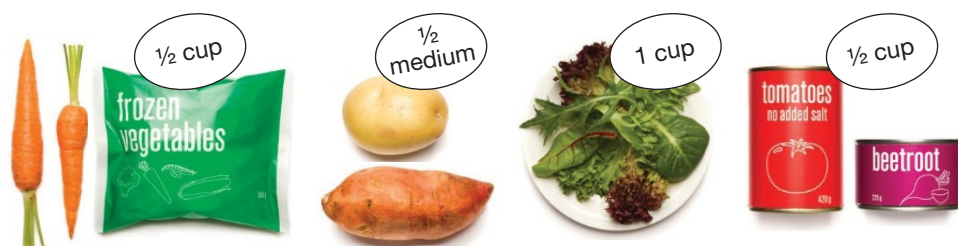
Only sometimes and in small amounts



What is a standard serve?

Serves per day

Products can be fresh, frozen, packaged or tinned/canned



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

	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years
Boys	2½	4½	5	5½	5½
Girls	2½	4½	5	5	5

Vegetables and legumes/beans — about 75g



	19-50 years	51-70 years	70+ years
Men	2	2	2
Women	2	2	2

	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years
Boys	1	1½	2	2	2
Girls	1	1½	2	2	2

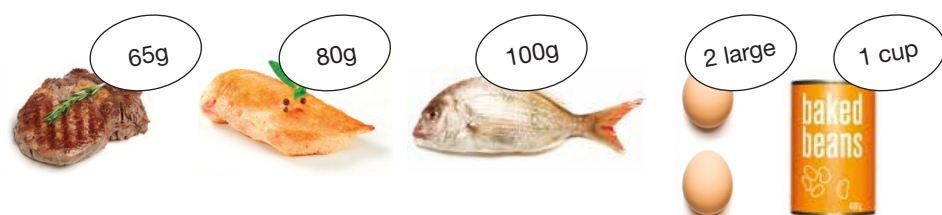
Fruit — about 150g



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

	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years
Boys	4	4	5	6	7
Girls	4	4	4	5	7

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



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

	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years
Boys	1	1½	2½	2½	2½
Girls	1	1½	2½	2½	2½

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



	19-50 years	51-70 years	70+ years
Men	2½	2½	3½
Women	2½	4	4

	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years
Boys	1½	2	2½	3½	3½
Girls	1½	1½	3	3½	3½

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