

Minimum food group serves for older people

For services providing a main meal and one snack

This menu planning tool can help to plan meals based on the five food groups.

The weekly checklist can help to keep track of the number of serves and food groups served at each meal.

Food Group – Serves	Food Examples
Grain (cereal) foods: 1-2 serves 1 serve =	<ul style="list-style-type: none"> • 1 slice of bread or ½ medium bread roll • ⅔ cup breakfast cereal • ½ cup cooked porridge • ½ cup cooked rice, pasta or noodles • 3 crackers or crispbread • 1 crumpet, English muffin or small plain scone
Vegetables: 3-4 serves 1 serve (75 grams) =	<ul style="list-style-type: none"> • ½ cup cooked vegetables • ½ medium potato • 1 cup of raw salad vegetables • ½ cup cooked, dried or canned beans, peas or lentils (no added salt)
Fruit: 1 serve 1 serve (150 grams) =	<ul style="list-style-type: none"> • 1 medium fruit (e.g. apple, orange, banana or pear) • 1-2 small fruits (e.g. apricots, plums, kiwi fruit) • 1 cup stewed or canned fruit (no added sugar) • 30 grams dried fruit (e.g. 1 ½ tablespoons of sultanas, 4 dried apricot halves) • ½ cup fruit juice (no added sugar)
Milk, yoghurt, cheese or alternatives: 1 ½ -2 serves 1 serve =	<ul style="list-style-type: none"> • 1 cup milk or calcium enriched soy beverage • 2 slices processed cheese or 40 grams block cheese or ⅔ cup grated cheese • ¾ cup or 200 grams of yoghurt • 2 tablespoons of milk powder
Lean meat and alternatives: 1 ½ - 2 serves 1 serve =	<ul style="list-style-type: none"> • 65 grams cooked red meat (90-100 grams raw weight) • 80 grams cooked chicken (100 grams raw weight) • 100 grams cooked fish (115 grams raw weight) • 2 large eggs • 1 cup (150 grams) cooked or canned legumes/beans (e.g. lentils, chickpeas, split peas, baked beans) • 30 grams nuts, seeds or nut/seed pastes (e.g. peanut butter) • 170 grams tofu

Weekly menu checklist for services offering a main meal and one snack

Minimum Food Group Serves for Older People

Use the table to plan a weekly menu. Use the food group boxes to record how many serves of each food group are provided over each day and compare this to the recommended number of serves listed.

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch					
Dessert					
Snack					
Grain foods: 1 – 2 serves	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
Vegetables: 3 – 4 serves	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Fruit: 1 serve	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Milk/alternatives: 1 ½ – 2 serves	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
Meat/alternatives: 1 ½ – 2 serves	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>