

What does a whole day of eating look like?

Unsure how many serves of dairy, fruit, grains or vegetables to eat each day?

| Food Group – Serves | Food Examples |
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| Grain (cereal) foods: at least 3 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: 5 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: 2 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: at least 3 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: at least 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 |