








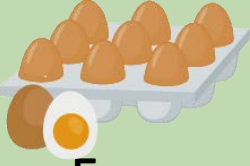




FOOD GROUP	RECOMMENDED SERVING	EXAMPLES OF ONE SERVE
 <p>Wholegrain cereals</p>	<p>Provides the base of the diet 5 - 8 serves per day depending on needs (eg. physical activity level)</p>	<ul style="list-style-type: none"> • slice of bread or • 1/2 cup of cooked grains (eg brown rice, oats, barley, rye, wholemeal and wholegrain bread or pasta or • 1/4 cup oats or • 3 crisp breads or crackers
 <p>Vegetables</p>	<p>Consumed freely 6 serves per day</p>	<ul style="list-style-type: none"> • 1/2 cup of cooked vegetables (eg sweet potato, cabbage, carrot, yam, celery, onion, bok choi and capsicum) or • 1 cup of leafy greens or • 1 tomato (each serve is approximately 75-100g)
 <p>Fruit</p>	<p>Fresh fruit recommended 3 serves per day</p>	<ul style="list-style-type: none"> • 150g of fruit • 1 medium fruit (eg apples, pears, oranges, bananas and melons) or • 2 small fruits (eg kiwi fruits and grapes) or • or 30g dried fruit (~1 1/2 tablespoons)
 <p>Dairy</p>	<p>Reduced fat recommended 2-3 serves per day</p>	<ul style="list-style-type: none"> • 1 cup of milk or • 200g of yoghurt or • 40g cheese (~1/3 cup grated) or • 120g ricotta
 <p>Nuts</p>	<p>Raw, unsalted and unflavoured 1 serve per day</p>	<p>a handful or</p> <ul style="list-style-type: none"> • 30g of nuts (eg almonds and walnuts) or • 30g of seeds or • 30g nut spread (2 tablespoons)
 <p>Legumes and pulses</p>	<p>3-4 serves per week</p>	<ul style="list-style-type: none"> • 1/2 cup legumes (eg lentils, chickpeas or kidney beans) or • 75g hummus (~1/3 cup) or • 100g tofu
 <p>Lean red meat</p>	<p>Lean or with the visible fat removed 3-4 serves per week</p>	<p>a palm-size piece or</p> <ul style="list-style-type: none"> • 65-100g meat or • 1/2 cup of mince or • 2 small chops
 <p>Fish</p>	<p>Oily fish recommended At least 2 serves per week</p>	<ul style="list-style-type: none"> • 100g cooked fish or • 95g canned fish
 <p>Poultry</p>	<p>Skinless recommended 2-3 serves per week</p>	<p>a palm-size piece or</p> <ul style="list-style-type: none"> • 80-100g poultry (eg chicken, turkey or duck)
 <p>Eggs</p>	<p>Up to 6 serves per week</p>	<ul style="list-style-type: none"> • 60g egg (1 whole egg)
 <p>Extra virgin olive oil</p>	<p>Recommended as the main added fat Up to 1 serve per day</p>	<ul style="list-style-type: none"> • 3 tablespoons or • 60ml
 <p>Extras</p>	<p>Up to 3 serves per week</p>	<ul style="list-style-type: none"> • 1 dessert or • 1 small bottle/can of sweetened beverage or • 1 small packet of chips