

## HOW MUCH IS ENOUGH? A GUIDE TO FOOD GROUPS & SERVING SIZES

Variety and moderation are the keys to healthy weight management. Your aim is to include the recommended amounts from each food group daily, and keep an eye on serving sizes\*.

FOOD GROUP	GENDER	AGE	NUMBER OF SERVES/DAY	WHAT IS A SERVE?
Cereals (including bread, rice, pasta, noodles)	Women	19-60yrs	4	*2 slices of bread *1 medium bread roll *1 cup of breakfast cereal *1 cup cooked rice, pasta, noodles *1/2 cup natural muesli
		60+ yrs	4	
		Pregnant	4-5	
		Breast Feeding	5-6	
Vegetables & Legumes	Women	19-60yrs	5	*1/2 cup cooked vegetables *1 medium potato or sweet potato *1 cup salad vegetables *1/2 cup cooked dried beans, lentils, peas
		60+ yrs	5	
		Pregnant	5-6	
		Breast Feeding	7	
Fruit	Men	19-60yrs	5	*1/2 cup cooked dried beans, lentils, peas
		60+ yrs	5	
		19-60yrs	2	
		60+ yrs	2	
Milk, yoghurt, cheese TRY TO CHOOSE LOW FAT VARIETIES	Women	19-60yrs	2	*1 piece medium sized fruit (apple, orange, pear, banana) *1/2 cup juice (limit to 1 cup or 250ml/day) *1 cup canned fruit *A handful of dried fruit *2 pieces small fruit (apricots, berries, plums)
		60+ yrs	2	
		Pregnant	2	
		Breast Feeding	2	
Nuts, legumes, eggs, fish, poultry, & lean meat	Men	19-60yrs	2	*250mls of milk or fortified soy milk/milk alternatives *40g cheese (2 slices or matchbox sized piece) *200g yoghurt
		60+ yrs	2	
		19-60yrs	2	
		60+ yrs	2	
Nuts, legumes, eggs, fish, poultry, & lean meat	Women	19-60yrs	1-2	*1/2 cup cooked dried beans, peas & lentils *100g firm tofu *2 eggs *1/3 cup of raw unsalted nuts *1/4 cup seeds (any) *80-100g cooked lean meat/chicken – roughly the size of your palm & thickness *80-120g cooked fish
		60+ yrs	1-2	
		Pregnant	2	
		Breast Feeding	2	

Based on minimum recommendations made by The Dietary Guidelines for Australians

\*People who lead very sedentary lifestyles may need to limit their calorie intake further, in order to lose weight. It is recommended you seek personalised advice from a dietitian or qualified health professional, if you believe this may apply to you.