

The
Australian Guide to
Healthy Eating

Background information for consumers

Enjoy a variety of foods every day

Vegetables, legumes

Fruit

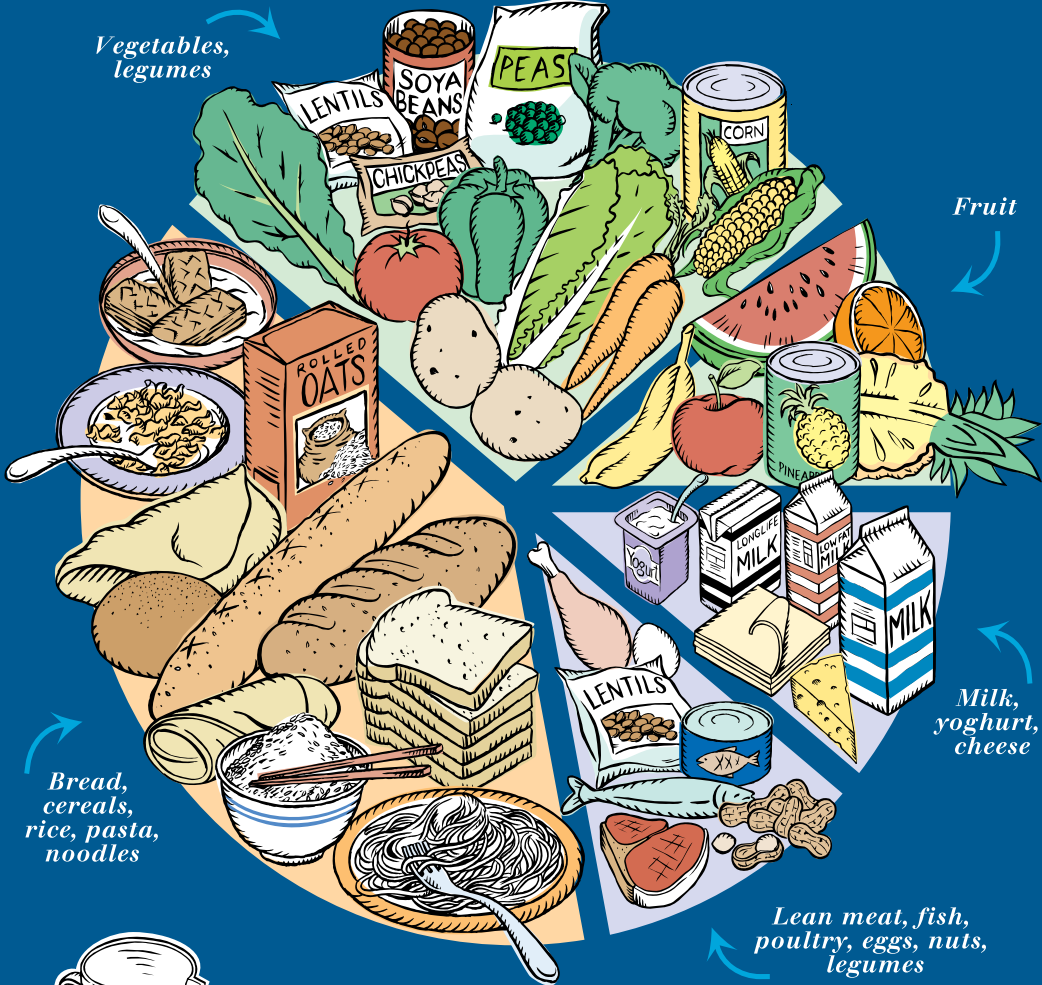
Milk, yoghurt, cheese

Lean meat, fish, poultry, eggs, nuts, legumes

Bread, cereals, rice, pasta, noodles

Drink plenty of water

Choose these sometimes or in small amounts



The Australian Guide to Healthy Eating

This booklet is part of a project undertaken for the Australian Government Department of Health and Ageing by the Children's Health Development Foundation, Women's and Children's Hospital (South Australia) and the Faculty of Health and Behavioural Sciences, Deakin University (Victoria).

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The *Australian Guide to Healthy Eating* has been developed for the Australian Government Department of Health and Ageing to help Australians choose a healthy diet using a variety of foods. The advice in this booklet applies to most people, except very young children and people with special needs (see page 22).

Food is not just a source of nutrients. It is important for good social and emotional health as well as physical health. Food and eating are part of the way people live their lives.

The eating patterns of individuals and families are constantly being shaped and changed by a variety of factors. Some of these include:

- the kinds of food that are available at the local supermarket or shop
- cultural and family background
- the amount of time available to shop for, prepare and cook food
- the personal likes and dislikes of household members
- values, attitudes and beliefs about food and eating
- knowledge about food and nutrition
- advertising campaigns and food promotions
- the amount of money that can be spent on the food budget
- access to transport.

The *Australian Guide to Healthy Eating* is primarily concerned with physical health. Its purpose is to provide information about the kinds of foods to choose in your diet each day. The word diet is often taken to mean ‘special’ diets or ‘weight-reducing’ diets. This is not what it means here. In this booklet, the word diet means all the things that you usually eat and drink every day.

The *Australian Guide to Healthy Eating* has been developed for the Australian Government Department of Health and Ageing and is based on recent research in nutrition.

The *Guide* provides information about the amounts and kinds of food that you need to eat each day to get enough of the nutrients essential for good health and well-being. Healthy eating habits throughout life will also reduce the risk of health problems in later life such as heart disease, cancer, diabetes and obesity.

The main food groups in the *Australian Guide to Healthy Eating*

The five food groups are:

- ▶ BREAD, CEREALS, RICE, PASTA, NOODLES
- ▶ VEGETABLES, LEGUMES
- ▶ FRUIT
- ▶ MILK, YOGHURT, CHEESE
- ▶ MEAT, FISH, POULTRY, EGGS, NUTS, LEGUMES.

These foods provide the important nutrients the body needs.

Extra foods

The extra foods are other foods that may be eaten sometimes or in small amounts.

To eat a healthy diet:

- 1. EAT ENOUGH FOOD FROM EACH OF THE FIVE FOOD GROUPS EVERY DAY.**
- 2. CHOOSE DIFFERENT VARIETIES OF FOODS FROM WITHIN EACH OF THE FIVE FOOD GROUPS FROM DAY TO DAY, WEEK TO WEEK AND AT DIFFERENT TIMES OF THE YEAR.**
- 3. EAT PLENTY OF PLANT FOODS (BREAD, CEREAL, RICE, PASTA, NOODLES, VEGETABLES, LEGUMES AND FRUIT); MODERATE AMOUNTS OF ANIMAL FOODS (MILK, YOGHURT, CHEESE, MEAT, FISH, POULTRY, EGGS) IN THE PROPORTIONS SHOWN BY THE GUIDE; AND SMALL AMOUNTS OF THE EXTRA FOODS, AND MARGARINES AND OILS.**
- 4. DRINK PLENTY OF WATER.**

Why is variety so important?

Eating a wide variety of foods has a very positive effect on health.

Variety among the groups

If you eat from each of the five food groups in the amounts recommended, it is likely that your diet will contain all the nutrients that you need.

Variety within the groups

Within each of the five food groups, different foods provide more of some nutrients than others. If you eat a variety of foods from within each group, it is likely that you will get all the nutrients provided by the foods in that group. For example, in the vegetable group, carrots and pumpkin contain much more vitamin A than do potatoes. Foods also contain substances other than nutrients which may have health benefits. For example, 'cruciferous' vegetables such as cauliflower and cabbage are believed to contain protective factors against some cancers.

Measures used in this book:

1 CUP = 250 ML

1 TABLESPOON = 20 ML

Abbreviations:

G = GRAM

MG = MILLIGRAM

ML = MILLILITRE





Foods in this group come from grains like wheat, oats, rice, rye, barley, millet and corn. The grains can be eaten whole, ground into flour to make a variety of cereal foods like bread, pasta and noodles, or made into ready-to-eat breakfast cereals.

The nutrients provided by the foods in this group include carbohydrates, protein, fibre and a wide range of vitamins and minerals including folate, thiamin, riboflavin, niacin and iron. Wholemeal or wholegrain varieties provide more fibre, vitamins and minerals. Some foods in this group may have fibre, vitamins and minerals added during processing.

How much from the *Bread, cereals, rice, pasta, noodles* group is needed every day?

The range for people four years old and over is between 3 and 12 sample serves each day. Use the information on pages 19, 20 and 21 to work out how many sample serves you need.

What is a sample serve?

A SAMPLE SERVE OF *BREAD, CEREAL, RICE, PASTA, NOODLES* IS:

2 SLICES OF BREAD

1 MEDIUM BREAD ROLL

1 CUP COOKED RICE, PASTA, NOODLES

1 CUP PORRIDGE, $1\frac{1}{3}$ CUP BREAKFAST CEREAL FLAKES

OR $\frac{1}{2}$ CUP MUESLI.

Some practical suggestions:

- Eat more wholegrain bread, high fibre cereal, brown rice and wholemeal pasta.
- Eat a wide variety of breads including white, brown, wholegrain, mixed grain, rye, and rolls, pita breads and other flat breads.
- Instead of choosing most of your serves from this group as bread and breakfast cereal, also eat rice, pasta and noodles, as they contain less salt.
- Eat a variety of grains. Try white or brown rice with your meals, add pearl barley to soups.
- Try different ready-to-eat breakfast cereals based on a variety of grains like rice, corn, oats and wheat.
- Try new cereal foods you may not have eaten before. Try couscous or cooked, grilled polenta in place of pasta or rice.



Vegetables come from many different parts of plants, including the leaves, roots, tubers, flowers, stems, seeds and shoots. Some vegetables like tomatoes and pumpkin are the fruit of the plant, but are included in this group because they are used as vegetables. Legumes are the seeds of plants from the Leguminosae family. These vegetables are eaten in the immature form as green peas and beans, and the mature form as dried peas, beans, lentils and chick peas.

Vegetables and legumes are a good source of vitamins, minerals, dietary fibre and carbohydrate. Capsicum, broccoli, cauliflower, cabbage and tomatoes are high in vitamin C. Dark green and orange vegetables like spinach, broccoli, carrots and pumpkin are high in vitamin A. Green vegetables, dried peas, beans and lentils are a good source of folate. Most vegetables are good sources of many vitamins. It has been suggested that a diet which includes vegetables rich in vitamins A and C, together with vegetables like broccoli, cauliflower, cabbage and brussels sprouts from the cruciferous family, can help to prevent certain types of cancer.

How much from the *Vegetables, legumes* group is needed every day?

The range for people four years old and over is between 2 and 9 sample serves each day. Use the information on pages 19, 20 and 21 to work out how many sample serves you need.

What is a sample serve?

A SAMPLE SERVE OF *VEGETABLES, LEGUMES* IS:

75 G OR $\frac{1}{2}$ CUP COOKED VEGETABLES

75G OR $\frac{1}{2}$ CUP COOKED DRIED BEANS, PEAS OR LENTILS

1 CUP SALAD VEGETABLES

1 POTATO.

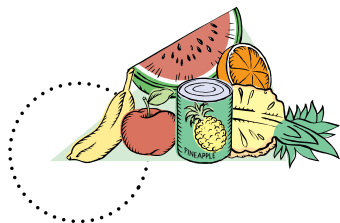
Some practical suggestions:

- Eat a variety of vegetables every day. Include:
 - dark green vegetables like spinach and broccoli
 - orange vegetables like sweet potato, pumpkin and carrots
 - cruciferous vegetables like broccoli, cauliflower, cabbage, brussels sprouts
 - starchy vegetables like potatoes, sweet potato, taro and corn
 - salad vegetables like lettuce, tomato, cucumber and capsicum
 - legumes like dried peas, beans, lentils and chick peas.

- Choose a wide variety of vegetables from week to week. Buy vegetables in season, as these are the best value for money.
- Use frozen and canned vegetables as an alternative to fresh. They are nutritious, often cheaper, quick and easy to prepare, easily stored, and available in remote communities. Try some no-added-salt varieties.
- Eat some vegetables raw or slightly cooked for maximum nutrition. Children often prefer raw vegetables.

(HARD, RAW VEGETABLES SHOULD NOT BE GIVEN TO CHILDREN UNDER 4 YEARS OF AGE AS THEY MAY CAUSE CHOKING).





A wide variety of fruit is available in Australia today. Fruit forms from the flower and contains the seeds of the plant. Fruit is sweet because of the sugars it contains.

Fruit is a good source of vitamins, including vitamin C and folate. It also provides carbohydrates, in particular natural sugars and fibre, especially in the edible skins. Juices belong to this group, but they have a much lower fibre content than fresh fruit.

How much from the *Fruit* group is needed every day?

The range for people four years old and over is between 1 and 5 sample serves each day. Use the information on pages 19, 20 and 21 to work out how many sample serves you need.

What is a sample serve?

A SAMPLE SERVE OF *FRUIT* IS:

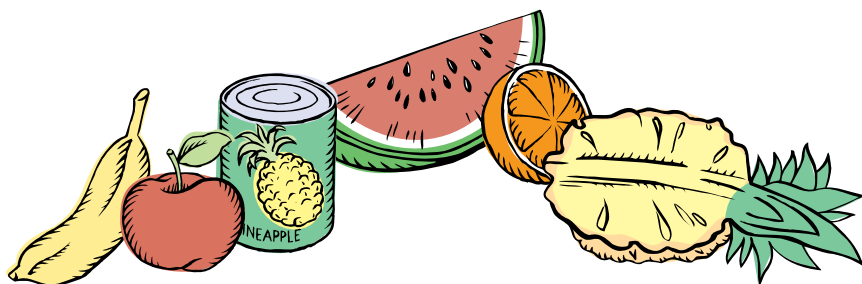
- 1 MEDIUM PIECE, EG APPLE, BANANA, ORANGE, PEAR
- 2 SMALL PIECES, EG APRICOTS, KIWI FRUIT, PLUMS
- 1 CUP DICED PIECES OR CANNED FRUIT
- $\frac{1}{2}$ CUP JUICE
- DRIED FRUIT, EG 4 DRIED APRICOT HALVES,
- $1\frac{1}{2}$ TABLESPOONS SULTANAS.

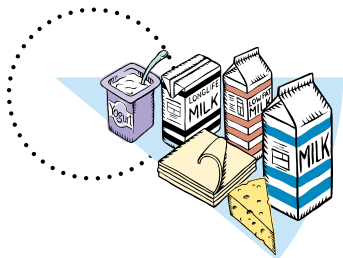
Some practical suggestions:

- Eat a wide variety of fruit each week. Include:
 - apples and pears
 - citrus fruit such as oranges and mandarins
 - tropical fruit such as bananas and pineapple
 - melons
 - berries
 - grapes
 - stone fruit such as apricots and peaches.
- Buy fruit in season, as this is the best value for money.
- For convenience use canned fruit as a nutritious replacement for fresh fruit, especially those varieties that are canned in natural juice or without added sugar.
- Dried fruit is nutritious and adds variety to a healthy diet, but can contribute to tooth decay. For this reason, and to get enough fresh fruit, eat no more than 1 serve of dried fruit each day.

- Choose fruit more often than juice, as it is higher in fibre.
- Eat the skin where possible, as it is a useful source of fibre.
- Choose the right size fruit for different age groups. Smaller-sized fruit is often cheaper, and easier for small children to eat.

(HARD, RAW FRUIT SHOULD NOT BE GIVEN TO CHILDREN UNDER 4 YEARS OF AGE AS IT MAY CAUSE CHOKING).





Milk, yoghurt and firm cheeses are the three important foods in this group. There is a wide choice of these foods available. Choices of milk and yoghurt can be made on the basis of fat content, type of sweetener and flavourings used. Milks can be fresh, dried, evaporated or long-life. Cheeses can also be reduced in fat.

The foods in this group are an excellent source of calcium; very few other foods in the Australian diet contain as much of this important nutrient. These

foods are also a good source of protein, riboflavin and vitamin B12.

The *Milk, yoghurt, cheese* group can increase the fat content of your diet if you choose full cream products. For most people, five years and over, the best choices are low fat milk, yoghurt and cheese. For children under five years of age, full cream varieties are recommended because low fat diets are not suitable. Some people with special needs, including the frail elderly and people who may need to regain weight after illness, will benefit from the full cream choices.

Some people follow a dairy food free or milk-free diet because they think that milk makes mucous or they suspect a milk allergy. A link between dairy products and mucous has never been proved. Milk allergy is not common and should be diagnosed by a doctor. If you are thinking about eliminating milk from your diet, it is best to discuss this with a dietitian to make sure that you have enough calcium in your diet.

How much from the *Milk, yoghurt, cheese* group is needed every day?

The range for people four years and over is between 2 and 5 sample serves each day. Use the information on pages 19, 20 and 21 to work out how many sample serves you need.

What is a sample serve?

A SAMPLE SERVE OF *MILK, YOGHURT, CHEESE* IS:

250 ML (ONE CUP) FRESH, LONG-LIFE OR RECONSTITUTED DRIED MILK

1/2 CUP EVAPORATED MILK

40 G (2 SLICES) CHEESE

200G (1 SMALL CARTON) YOGHURT

250 ML (ONE CUP) CUSTARD*

*Custard is higher in energy than the other foods listed.

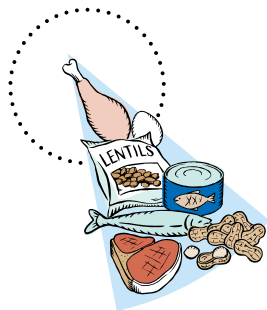
Note: Ice cream and fromage frais contribute calcium to the diet, but not enough for them to be included as sample serves. 2 scoops ice cream (50 g scoops) and 200 g fromage frais, provide half the calcium of a sample serve but more kilojoules than the foods listed.

Some practical suggestions:

- Soft cheeses like cottage cheese and ricotta add variety to a low fat diet, but they cannot be counted as sample serves from this group as they are low in calcium.
- To avoid eating too much fat, choose the reduced fat varieties of milk, cheese, and yoghurt. Alternatively, if using full fat cheese, eat it only 3–4 times a week.
- If you don't like drinking milk or eating yoghurt and cheese:
 - add milk or milk powder to soups, casseroles and sauces
 - add cheese to pancakes, omelettes, pasta and vegetable dishes
 - use yoghurt with curries and in dips.
- If you do not eat any foods from this group, try the following foods, which contain the same amount of calcium as a sample serve of *Milk, yoghurt, cheese*:
 - 1 cup soy milk, which contains at least 100 mg of added calcium per 100 mL
 - 1 cup almonds
 - 5 sardines
 - 1/2 cup pink salmon with bones.

MOST PLANT FOODS CONTAIN SMALL AMOUNTS OF CALCIUM.





There is a wide variety of foods in this group. It consists of all kinds of meat, poultry, fish, eggs, nuts and nut pastes such as peanut butter, legumes, and some seeds such as sunflower and sesame seeds.

The foods in this group are a good source of protein, iron, niacin and vitamin B12. Within this group, red meats are a particularly good source of iron and also zinc. The iron in animal foods is more easily absorbed by the body than the iron in plant foods. Vitamin C, found in fruit and vegetables, will assist the body to absorb iron from plant foods.

Red meat should be eaten 3–4 times a week, or high iron replacement foods will be required. This is especially true for girls, women, vegetarians and athletes. Iron supplements during pregnancy will often be recommended by your doctor or midwife.

How much from the *Meat, poultry, fish, eggs, nuts, legumes* group is needed every day?

The range for people 4 years old and over is between 1/2 and 2 sample serves per day from this group. Use the information on pages 19, 20 and 21 to work out how many sample serves you need.

What is a sample serve?

A SAMPLE SERVE OF *MEAT, FISH, POULTRY, EGGS, NUTS, LEGUMES* IS:

65–100 G COOKED MEAT, CHICKEN, EG 1/2 CUP LEAN MINCE, 2 SMALL CHOPS OR 2 SLICES ROAST MEAT

1/2 CUP COOKED (DRIED) BEANS, LENTILS, CHICK PEAS, SPLIT PEAS, OR CANNED BEANS

80–120 G COOKED FISH FILLET

2 SMALL EGGS

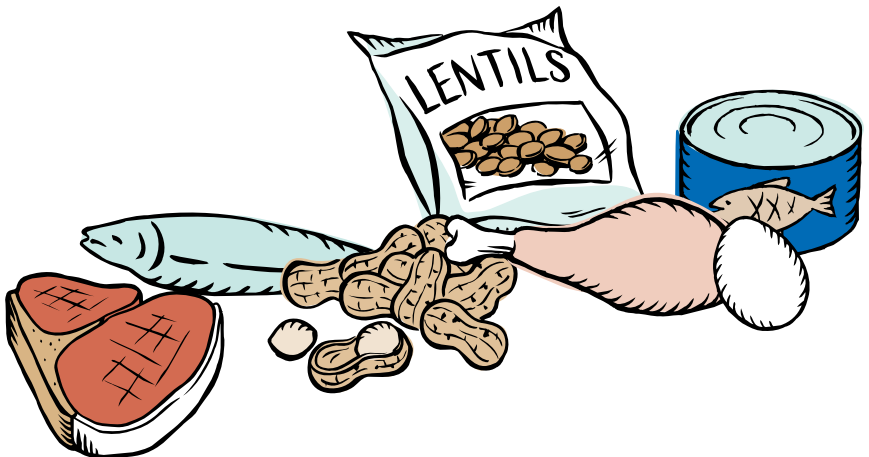
1/3 CUP PEANUTS OR ALMONDS

1/4 CUP SUNFLOWER SEEDS OR SESAME SEEDS.

Some practical suggestions:

- Choose a variety of meats and fish including beef, lamb, pork, kangaroo, chicken, turkey, duck, rabbit, fish and shellfish.
- Canned fish is a nutritious substitute for fresh and simpler to prepare. It is also affordable, transportable, and easily stored.

- To avoid eating too much fat:
 - choose lean meats
 - trim fat from meat and skin from poultry before cooking
 - avoid frying or roasting in fat and oil
 - allow casseroles, stews, and curries to cool and skim the fat from the top
 - eat sausages and processed meats only occasionally, as they are high in fat
 - use legumes as an alternative to meat
 - use low fat cooking methods such as stir frying and grilling.
- If you are vegetarian:
 - choose your serves from this group as legumes, nuts and seeds, in order to obtain enough protein and iron in your diet
 - choose wholegrain or wholemeal bread and cereals, as these foods are good sources of iron and zinc. Drink fruit juice or eat fruit in the same meal to increase iron absorption
 - read the labels on breakfast cereal packets and choose cereals with added iron
 - do not use cheese as a regular meat replacement, because it is low in iron content.



What about all the other foods that you eat?



Some foods do not fit into the five food groups. They are not essential to provide the nutrients the body needs and some contain too much added fat, salt and sugars. These foods are likely to contribute large amounts of energy. However, they can add to the enjoyment of eating a healthy diet.

Examples include biscuits, cakes, desserts, pastries, soft drinks; high fat snack items such as crisps, pies, pasties, sausage rolls and other takeaways; lollies and chocolate. Choose these foods sometimes or in small amounts.

How much extra food is needed every day?

The range for people four years and over is between 0 and 3 sample serves each day. Use the information on pages 19, 20 and 21 to decide how many sample serves you wish to eat. You may choose to eat more from the five food groups instead of extra foods.

People who are very active or growing rapidly can eat more extra foods than people who are inactive or trying to lose weight.

Alcoholic drinks are not essential to provide the nutrients the body needs. They should only be consumed sometimes, in small amounts or not at all. Alcohol is not recommended for children, pregnant or breastfeeding women.

What about the fats and oils?



Margarine and oil also fit into this group of foods which you should only 'eat sometimes or in small amounts'. You can achieve this with these foods in the following ways:

- Spread margarine thinly on your bread and toast.
- Use only a small amount of oil or margarine in food preparation and cooking.

Unsaturated fats are a type of fat found in many oils and margarines. When you include them in a low fat diet they may have a positive benefit for your health by lowering cholesterol levels in your blood. These fats are known as either 'polyunsaturated' or 'monounsaturated'. Sunflower, safflower, corn and soya bean oils are mainly polyunsaturated. Olive, peanut and canola oils are mainly monounsaturated.

Saturated fats are a type of fat that can increase your risk of heart disease and so are not recommended. They are found in large quantities in butter, lard and dripping. Saturated fats are also found in vegetable fats and hydrogenated vegetable oils, which are often used in commercial foods. Foods that have these fats listed towards the top of the ingredients list on their label are likely to be high in saturated fat.

What is a sample serve of extra foods?

A SAMPLE SERVE OF *EXTRA FOODS* IS THE AMOUNT OF FOOD THAT PROVIDES 600 KJ. SOME EXAMPLES ARE:

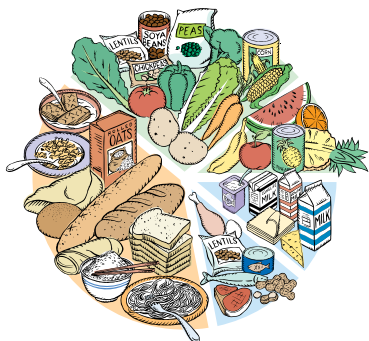
- 1 (40 G) DOUGHNUT
- 4 (35 G) PLAIN SWEET BISCUITS
- 1 SLICE (40 G) PLAIN CAKE
- 1/2 SMALL BAR (25 G) CHOCOLATE
- 2 TABLESPOONS (40 G) CREAM, MAYONNAISE
- 1 TABLESPOON (20 G) BUTTER, MARGARINE, OIL
- 200 ML WINE (2 STANDARD DRINKS)
- 60 ML SPIRITS (2 STANDARD DRINKS)
- 600 ML LIGHT BEER (1 1/2 STANDARD DRINKS)
- 400 ML REGULAR BEER (1 1/2 STANDARD DRINKS)
- 1 CAN (375 ML) SOFT DRINK
- 1/3 (60 G) MEAT PIE OR PASTIE
- 12 (60 G) HOT CHIPS
- 1 1/2 SCOOPS (50G SCOOP) ICECREAM.





- For good health, adults need to drink 8 glasses of water every day. They need more during physical activity and in hot weather. All fluids, other than alcoholic drinks, contribute to this requirement. Water is the best drink to quench your thirst.

DRINK PLENTY OF WATER



Shopping suggestions

- Fill up your shopping trolley with rice, pasta, noodles, breads, cereals, legumes and fruit and vegetables.
 - Use the suggested sample serves per person to buy your meat, chicken and fish. For example, buy 100 g of meat per person for each evening meal. For four people, buy 400g.
 - If you eat meat at lunch time, you will need less for the evening meal.
- Buy enough milk, cheese or yoghurt every week so that each person can have 2 sample serves per day. For example, if each person had one sample serve of milk and one of cheese per day, a household of four people would need 7 litres of milk and 1 kg of cheese each week. If these foods are also bought outside the home, you could allow less when doing the family shopping.

Cooking suggestions

You don't need new recipe books. Proportions of ingredients in your meals should be similar to those shown below. Add liquid and flavouring according to your recipe.

Three examples are:

Make spaghetti bolognaise using 80–100 g of mincemeat per person and 1 cup of vegetables per person (tomatoes, grated carrot and zucchini, chopped celery and onion). Serve the sauce on 1–3 cups* of pasta per person. Serve with 1 cup of salad per person.

Make a stir fry with 2 cups of vegetables per person added to 65–100 g meat or 80–120 g fish per person and serve with 1–3 cups* of rice or noodles per person.

Make a stew with 30–50 g meat or chicken per person and $\frac{1}{4}$ cup of cooked or canned beans (or 1 tablespoon of dried lentils) per person and 1 cup of vegetables per person. Serve with 1 potato and 1–3 cups* of rice per person.

*The larger amounts suggested may be appropriate for some older children, adolescents and adults, depending on their needs and what else has been eaten during the day.

Snack suggestions

Add fruit to milk and blend them together to make delicious milkshakes.

Sultanas, apples, bananas and mandarins are easy to carry snack foods.

Fruit bread, plain bread and toast with low fat spreads like Vegemite™, Marmite™, honey, jam or just margarine makes a filling, healthy snack.

For variety, choose scones, crumpets, toasted muffins, pikelets, crispbread, rice cakes and plain yeast buns as snacks.

Use vegetables like carrot and celery sticks as a crunchy snack when you are not very hungry but need a lift.

Take fruit to work, put it in children's lunches and leave it out on a table or bench at home so that it is easy to choose as a snack.

In summer, try fruits like banana and grapes as a delicious frozen snack.

Meal suggestions

Add $\frac{1}{2}$ –1 cup of vegetables per person to soups and savoury pancakes.

Add red or green lentils, split peas or cooked dried beans to soups and stews.

Use canned beans in salads with crunchy vegetables like capsicum, green beans and carrots.

Eat some bread, breakfast cereal, rice, pasta or noodles with every meal.

Have extra sandwiches for lunch with sweet fillings or fruit bread instead of cakes and pastries.

Cut up fresh fruit for an easy dessert each night.

Make a sauce of tomatoes, onions and mushrooms to pour over a cooked mixture of vegetables like cauliflower, broccoli, celery and carrots and corn.



There are many ways to choose a healthy diet. The following tables, based on the sample serves recommended by the *Australian Guide to Healthy Eating*, show two examples of a healthy diet. Follow the steps below to choose the best one for you.

The amount and type of food needed varies with age and sex, and pregnancy and breastfeeding.

Five steps to healthier eating

- 1. Using tables 1–3, identify the number of sample serves from the five food groups that is suggested for you. The tables show healthy eating patterns for children and adolescents (Table 1), adult and pregnant and breastfeeding women (Table 2) and men (Table 3).**
- 2. Choose your preferred eating pattern. Select from a diet based on eating a lot of bread, cereal, rice, pasta and noodles (shown in the orange rows) or one which includes more from all of the groups (shown in the blue rows).**
- 3. Using the tables, choose the number of sample serves you need according to your level of physical activity and body size. If you are fairly sedentary and/or of small to average size, you should use the lower number. If you are active and/or of average to large size, you should use the higher number.**

Some very large and very active people will need even more, while some very small and inactive people will need even less than shown in the tables. The best guide to how much you need to eat is hunger. Eat when you are hungry and stop eating when you feel full.

- 4. Write your personal healthy eating pattern into Table 4. You may like to do this for other members of your household.**
- 5. Consider some changes. What changes are needed to the way you eat now? What changes can you realistically manage right now? Plan for three realistic changes and write them in the space provided. Some common dietary changes that many people could make include:**
 - replacing an extra food (see pg 14) with 2 slices of bread
 - reducing your serve size of meat or chicken and eating more vegetables, potatoes, legumes, rice, pasta or noodles
 - increasing or decreasing your intake of milk, cheese and yoghurt
 - carrying a bottle of water with you to avoid buying soft drink.

Table 1: Sample serves from the Australian Guide to Healthy Eating suggested for children and adolescents.

CHILDREN AND ADOLESCENTS	BREAD, CEREALS, RICE, PASTA, NOODLES	VEGETABLES, LEGUMES	FRUIT	MILK, YOGHURT, CHEESE	MEAT, FISH, POULTRY, EGGS, NUTS, LEGUMES	EXTRA FOODS
CHILDREN 4-7 YEARS	5-7	2	1	2	1/2	1-2
	3-4	4	2	3	1/2-1	1-2
CHILDREN 8-11 YEARS	6-9	3	1	2	1	1-2
	4-6	4-5	1-2	3	1-1 1/2	1-2
ADOLESCENTS 12-18 YEARS	5-11	4	3	3	1	1-3
	4-7	5-9	3-4	3-5	1-2	1-3

Table 2: Sample serves from the Australian Guide to Healthy Eating suggested for women.

WOMEN	BREAD, CEREALS, RICE, PASTA, NOODLES	VEGETABLES, LEGUMES	FRUIT	MILK, YOGHURT, CHEESE	MEAT, FISH, POULTRY, EGGS, NUTS, LEGUMES	EXTRA FOODS
WOMEN 19-60 YEARS	4-9	5	2	2	1	0-2 1/2
	4-6	4-7	2-3	2-3	1-1 1/2	0-2 1/2
PREGNANT	4-6	5-6	4	2	1 1/2	0-2 1/2
BREASTFEEDING	5-7	7	5	2	2	0-2 1/2
60+ YEARS	4-7	5	2	2	1	0-2
	3-5	4-6	2-3	2-3	1-1 1/2	0-2

Table 3: Sample serves from the Australian Guide to Healthy Eating suggested for men.

MEN	BREAD, CEREALS, RICE, PASTA, NOODLES	VEGETABLES, LEGUMES	FRUIT	MILK, YOGHURT, CHEESE	MEAT, FISH, POULTRY, EGGS, NUTS, LEGUMES	EXTRA FOODS
19-60 YEARS	6-12	5	2	2	1	0-3
	5-7	6-8	3-4	2-4	1½-2	0-3
60+ YEARS	4-9	5	2	2	1	0-2½
	4-6	4-7	2-3	2-3	1-1½	0-2½

Table 4: Personal healthy eating pattern.

NAME	BREAD, ETC.	VEGES.	FRUIT	MILK	MEAT, ETC.	EXTRA FOODS

Note: It is assumed that many people will add small amounts of margarine to bread and use small amounts of oil in cooking.

Three changes my household and I could make most easily to eat in a healthier way:

1.

2.

3.

When you feel these changes are well established, you may wish to plan for further changes to the way you eat.
Repeat steps 4 and 5.

Physical activity is important too.

You may also want to think about increasing your physical activity level. Thirty minutes of moderate activity every day (like walking), even if done in three ten minute bursts, will make you fitter and healthier.

The names of the organisations will vary from state to state. Good starting points are:

- local community health centres
- state health department or health commission
- the National Heart Foundation
- the Anti-Cancer Foundation
- baby and child health centres
- hospital dietitians
- hospital health promotion units
- private practice dietitians (look in the Yellow Pages).



Australian Government

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