

# Healthy eating for Australian adults



## 1. Eat 3 meals a day

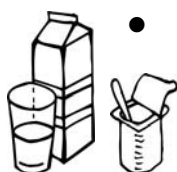
- Eat from **all** of the 5 food groups every day.
- The 5 food groups are: breads & cereals, vegetables, fruit, dairy, meat & meat alternatives.
- Don't skip meals.

## 2. Enjoy vegetables and fruit as part of your meals and snacks every day

- Have a variety of different types and colours, raw and cooked.
- Eat 5 serves of vegetables a day. 1 serve is  $\frac{1}{2}$  cup cooked vegetables or 1 cup of salad vegetables.
- Eat 2 pieces of fruit a day.



## 3. Have 3 serves of reduced fat dairy food everyday



- 1 serve = 1 cup milk, 1 tub yoghurt, 1 slice cheese or 1 cup custard.

## 4. Enjoy breads, breakfast cereals, rice, pasta or noodles everyday

- Have multigrain or wholemeal types most of the time.



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SOURCE: It Takes More Than An Apple A Day  
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Department of Health and Human Services  
Community Nutrition Unit



## 5. Eat small amounts of lean meats or meat alternatives everyday

- Most people only need 1-2 small serves each day.
- Examples of 1 serve include: 65 – 100g of cooked red meat or chicken, 80 - 120g of cooked fish or 2 eggs.
- Meat alternatives are foods such as eggs, legumes and lentils (e.g. baked beans or split peas), tofu, nuts and seeds.
- Avoid fatty, processed meat (such as sausage and salami).

## 6. Drink at least 8-10 glasses of fluid everyday

- Water is best.
- Other fluids include low fat milk, weak tea, soup etc.
- Alcohol is not counted.



## 7. Limit 'Extras'

- Foods such as chocolates, chips, fizzy drink, biscuits, cakes, pastries and fried takeaway foods are high in fat, sugar and salt. These foods should only be eaten sometimes and in small amounts.
- 'Extras' don't have all of the important nutrients in them that the other main food groups give us.
- If you drink alcohol, limit it to 2 standard drinks or less each day.