The Australian Guide to Healthy Eating aims to promote health and prevent disease by making recommendations for the variety and amounts of foods to be eaten every day from each of the five food groups. The five food groups are: breads & cereals, vegetables & legumes, fruit, milk and milk products, meat & other protein foods, as seen in Figure 1.

Figure 1: Number of daily sample serves needed to achieve a healthy diet for children and adolescents

<table>
<thead>
<tr>
<th>Age</th>
<th>Energy need (kJ)</th>
<th>Healthy diet example A or B</th>
<th>Bread, cereals, rice, pasta, noodles</th>
<th>Vegetables, legumes</th>
<th>Fruit</th>
<th>Milk, yoghurt, cheese</th>
<th>Meat, fish, poultry, eggs, nuts, legumes</th>
<th>Extra foods</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children 4-7 yrs</td>
<td>6400-8300</td>
<td>A</td>
<td>5-7</td>
<td>2</td>
<td>1</td>
<td>2</td>
<td>0.5 (0.5-1)</td>
<td>1-2</td>
</tr>
<tr>
<td></td>
<td></td>
<td>B</td>
<td>3-4</td>
<td></td>
<td>1-2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Children 8-11 yrs</td>
<td>7700-9800</td>
<td>A</td>
<td>6-9</td>
<td>3</td>
<td>1</td>
<td>2</td>
<td>1 (1-1.5)</td>
<td>1-2</td>
</tr>
<tr>
<td></td>
<td></td>
<td>B</td>
<td>4-6</td>
<td></td>
<td>1-2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adolescents 12-18 yrs</td>
<td>8100-13500</td>
<td>A</td>
<td>5-11</td>
<td>4</td>
<td>3</td>
<td>3</td>
<td>1 (1-2)</td>
<td>1-3</td>
</tr>
<tr>
<td></td>
<td></td>
<td>B</td>
<td>4-7</td>
<td></td>
<td>3-4</td>
<td>3</td>
<td></td>
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</tr>
</tbody>
</table>

The following two examples provide alternative ways that a healthy diet can be achieved by eating a variety of foods from each of the food groups.

Healthy Diet Example A involves eating more breads, cereals, rice, pasta and noodles. This diet is similar to many Australians’ eating patterns in terms of intakes of milk, fruit and vegetables. All the energy intake difference is eaten as serves of breads, cereals, rice, pasta and noodles with an additional 2-3 teaspoons of extra margarine or oil.

Healthy Diet Example B involves eating more from all the food groups. This diet is similar to the way many Australians eat with a high consumption of animal foods. The energy intake difference is eaten from all the food groups, in amounts proportional to the minimum number of daily serves needed.

Sample serves

A sample serve of bread, cereal, rice, pasta, noodles:
- 2 slices (60g) bread, 1 medium bread roll
- 1 cup (180g) cooked rice, pasta, noodles
- 1 cup (230g) cooked porridge, 1½ cups (40g) cereal flakes or ready to eat cereal, ½ cup untoasted muesli
- ½ cup (40g) flour

These amounts supply about 600 kJ per serve.

A sample serve of vegetables, legumes:
- ½ cup (75g) cooked vegetables
- ½ cup (75g) cooked dried beans, peas or lentils
- 1 cup salad vegetable
- 1 small potato

These amounts supply about 75-250 kJ per serve.
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**A sample serve of healthy eating guidelines**

**A sample serve of fruit:**
- 1 medium piece (150g) of fruit (e.g. apple, banana, orange, pear)
- 2 small pieces (150g) of fruit (e.g. apricots, kiwifruit, plums)
- 1 cup (150g) diced pieces or canned fruit
- 1½ tablespoons sultanas or 4 dried apricot halves
- ½ cup (125ml) fruit juice

These amounts supply about 300 kJ per serve.

**A sample serve of milk, yoghurt or cheese:**
- 1 cup (250ml) fresh, longlife or reconstituted dried milk
- 1 cup calcium fortified soy milk
- ½ cup (125ml) evaporated milk
- 2 slices (40g) cheese
- 1 small carton (200g) yoghurt
- 1 cup (250ml) custard (higher in kJ than the other serves)

These amounts supply about 375-730 kJ (custard: 1100 kJ) per serve.

**A sample serve of meat, fish, poultry, eggs, nuts, legumes:**
- 65-100g cooked meat, chicken (e.g. ½ cup lean mince, 2 small chops, 2 slices roast meat)
- ½ cup (80g) cooked (dried) beans, lentils, chickpeas, split peas or canned beans
- 80-120g cooked fish fillet
- 2 small eggs
- ½ cup peanuts, almonds
- ¼ cup sunflower seeds, sesame seeds

These amounts supply about 600-850 kJ per serve.

**A sample serve of extra foods is based on the amount that supplies 600 kJ.**

**Examples are:**
- 1 (40g) doughnut
- 4 (35g) plain sweet biscuits
- 1 slice (40g) cake
- 25g (½ small bar) chocolate
- 2 tablespoons cream, mayonnaise
- 1 tablespoon butter, margarine, oil
- 1 can (375ml) soft drink
- 1 small packet (30g) potato crisps
- ½ (60g) meat pie or pasty
- 12 (60g) hot chips
- 1½ scoops (50g scoop) ice-cream

### Further reading
