## What is a serve of vegetables?

A standard serve is about 75g (100–350kJ) or:

* ½ cup cooked green or orange vegetables (for example, broccoli, spinach, carrots or pumpkin)
* ½ cup cooked dried or canned beans, peas or lentils (preferably with no added salt)
* 1 cup green leafy or raw salad vegetables
* ½ cup sweet corn
* ½ medium potato or other starchy vegetables (sweet potato, taro or cassava)
* 1 medium tomato

## What is a serve of fruit?

A standard serve is about 150g (350kJ) or:

* 1 medium apple, banana, orange or pear
* 2 small apricots, kiwi fruits or plums
* 1 cup diced or canned fruit (no added sugar)

*Or only occasionally*:

* 125ml (½ cup) fruit juice (no added sugar)
* 30g dried fruit (for example, 4 dried apricot halves, 1½ tablespoons of sultanas)

## What is a serve of grain\* (cereal) food?

A standard serve is (500kJ) or:

* 1 slice (40g) bread
* ½ medium (40g) roll or flat bread
* ½ cup (75-120g) cooked rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulgur or quinoa
* ½ cup (120g) cooked porridge
* ²/³ cup (30g) wheat cereal flakes
* ¼ cup (30g) muesli
* 3 (35g) crispbreads
* 1 (60g) crumpet
* 1 small (35g) English muffin or scone

*\*Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties*

## How much is a serve of lean meat and poultry, fish, eggs, nuts and seeds, and legumes/beans?

**A standard serve is (500–600kJ):**

* 65g cooked lean red meats such as beef, lamb, veal, pork, goat or kangaroo (about 90-100g raw)
* 80g cooked lean poultry such as chicken or turkey (100g raw)
* 100g cooked fish fillet (about 115g raw) or one small can of fish
* 2 large (120g) eggs
* 1 cup (150g) cooked or canned legumes/beans such as lentils, chick peas or split peas (preferably with no added salt)
* 170g tofu
* 30g nuts, seeds, peanut or almond butter or tahini or other nut or seed paste (no added salt)\*

## How much is a serve of milk\*, yoghurt\*, cheese\* ?

A standard serve is (500–600kJ):

* 1 cup (250ml) fresh, UHT long life, reconstituted powdered milk or buttermilk
* ½ cup (120ml) evaporated milk
* 2 slices (40g) or 4 x 3 x 2cm cube (40g) of hard cheese, such as cheddar
* ½ cup (120g) ricotta cheese
* ¾ cup (200g) yoghurt
* 1 cup (250ml) soy, rice or other cereal drink with at least 100mg of added calcium per 100ml
* **The dietary patterns in the table below provide the nutrients and energy needed by all men and women of average height with sedentary to moderate activity levels. Additional serves of the Five Food Groups or unsaturated spreads and oils or discretionary choices are needed only by adults who are taller, more active or in the higher end of a particular age band, to meet additional energy requirements.**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Recommended average daily number of serves from each of the five food groups\* | | | | | | Additional serves for taller or more active men and women |
|  | **Vegetables & legumes/beans** | **Fruit** | **Grain (cereal) foods, mostly wholegrain** | **Lean meat and poultry, fish, eggs, nuts and seeds, and legumes/beans** | **Milk, yoghurt, cheese and/or alternatives (mostly reduced fat)** | **Approx. number of additional serves from the five food groups or discretionary choices** |
| **Men** |  |  |  |  |  |  |
| 19-50 | 6 | 2 | 6 | 3 | 2 ½ | 0-3 |
| 51-70 | 5 ½ | 2 | 6 | 2 ½ | 2 ½ | 0-2 ½ |
| 70+ | 5 | 2 | 4 ½ | 2 ½ | 3 ½ | 0-2 ½ |
| **Women** |  |  |  |  |  |  |
| 19-50 | 5 | 2 | 6 | 2 ½ | 2 ½ | 0-2 ½ |
| 51-70 | 5 | 2 | 4 | 2 | 4 | 0-2 ½ |
| 70+ | 5 | 2 | 3 | 2 | 4 | 0-2 |
| **Pregnant** | 5 | 2 | 8 ½ | 3 ½ | 2 ½ | 0-2 ½ |
| **Lactating** | 7 ½ | 2 | 9 | 2 ½ | 2 ½ | 0-2 ½ |

# **Recommended number of serves for children, adolescents and toddlers**

The dietary patterns in the table below provide the nutrients and energy needed for all children and adolescents of average height with sedentary to moderate activity levels.

Additional serves of the Five Food Groups or unsaturated spreads and oils or discretionary choices are needed only by children and adolescents who are taller, more active or in the higher end of a particular age band, to meet additional energy requirements.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Recommended average daily number of serves from each of the five food groups\* | | | | | | Additional serves for more active, taller or older children and adolescents |
|  | **Vegetables & legumes/beans** | **Fruit** | **Grain (cereal) foods, mostly wholegrain** | **Lean meat and poultry, fish, eggs, nuts and seeds, and legumes/beans** | **Milk, yoghurt, cheese and/or alternatives (mostly reduced fat)** | **Approx. number of additional serves from the five food groups or discretionary choices** |
| **Toddlers** \*\* |  |  |  |  |  |  |
| 1-2 | 2-3 | ½ | 4 | 1 | 1-1½ |  |
| **Boys** |  |  |  |  |  |  |
| 2-3 | 2 ½ | 1 | 4 | 1 | 1 ½ | 0-1 |
| 4-8 | 4 ½ | 1 ½ | 4 | 1 ½ | 2 | 0-2 ½ |
| 9-11 | 5 | 2 | 5 | 2 ½ | 2 ½ | 0-3 |
| 12-13 | 5 ½ | 2 | 6 | 2 ½ | 3 ½ | 0-3 |
| 14-18 | 5 ½ | 2 | 7 | 2 ½ | 3 ½ | 0-5 |
| **Girls** |  |  |  |  |  |  |
| 2-3 | 2 ½ | 1 | 4 | 1 | 1 ½ | 0-1 |
| 4-8 | 4 ½ | 1 ½ | 4 | 1 ½ | 1 ½ | 0-1 |
| 9-11 | 5 | 2 | 4 | 2 ½ | 3 | 0-3 |
| 12-13 | 5 | 2 | 5 | 2 ½ | 3 ½ | 0-2 ½ |
| 14-18 | 5 | 2 | 7 | 2 ½ | 3 ½ | 0-2 ½ |
| **Pregnant** | 5 | 2 | 8 | 3 ½ | 3 ½ | 0-3 |
| **Breastfeeding** | 5 ½ | 2 | 9 | 2 ½ | 4 | 0-3 |

# **Sample meal plan for men**

This sample meal plan is for a man aged 19-50 years of average height, healthy weight and light activity.

| **Food** | **Weight / portion size** | **Food group and number of serves** |
| --- | --- | --- |
| **Breakfast** | | |
| Wholegrain toast with polyunsaturated margarine | **2 slices toast 2 teaspoon margarine** | 2 grain serves10g unsaturated spread ( 1 serve ) |
| Baked beans | ½ cup canned beans | 1 vegetable serve |
| Tomato | 1 medium tomato | 1 vegetable serve |
| Glass of reduced milk | 1 cup (250ml) | 1 milk/yoghurt/cheese serve |
| **Morning break** | | |
| Apple | 1 medium | 1 fruit serve |
| Coffee with milk | 200ml (small coffee) | ¼ milk/yoghurt/cheese serve |
| **Lunch** | | |
| Wholegrain sandwich with roast beef, reduced fat cheese and mixed salad with polyunsaturated maragarine | **2 slices bread 65g roast beef 20g cheese 2 teaspoon margarine 1 cup mixed salad vegetables** | **2 grain serves 1 meat and/or alternatives serve ½ milk/yoghurt/cheese serve 10g unsaturated spread (1 serve) 1 vegetable serve** |
| **Afternoon break** | | |
| Unsalted nuts | 30g | 1 meat and/or alternatives serve |
| Coffee with milk | 200ml (small coffee) | ¼ milk/yoghurt/cheese serve |
| **Evening meal** | | |
| **Fish prepared with olive oil Boiled rice Potato Carrots Broccoli** | 100g cooked fillet of fish14g unsaturated oil1 cup boiled rice½ medium potato½ cup½ cup | 1 meat and/or alternatives serve14g unsaturated oil (2 serves)2 grain serves1 vegetable serve1 vegetable serve1 vegetable serve |
| **Evening snack** | | |
| Fruit salad and reduced fat yoghurt | 1 cup diced fresh fruit100g yoghurt | 1 fruit serve½ milk/yoghurt/cheese serve |

# **Sample meal plan for women**

This sample meal plan is for women aged 19-50 years of average height, healthy weight and light activity.

| **Meal / Food** | **Weight / portion size** | **Food group and number of serves** |
| --- | --- | --- |
| **Breakfast** | | |
| **Wholegrain breakfast cereal, with reduced fat milk** | **60g cereal 1 cup (250ml) reduced fat milk** | **2 grain serves 1 milk/yoghurt/cheese serve** |
| Reduced fat yoghurt | 100g yoghurt | ½ milk/yoghurt/cheese serve |
| **Morning break** | | |
| Coffee with milk | 200ml (small coffee) | ¼ milk/yoghurt/cheese serve |
| **Lunch** | | |
| Sandwich with salad and chicken | **2 slices bread 40g chicken 1 teaspoon margarine 1 cup salad vegetables** | **2 grain serves ½ meat and/or alternatives serve 5g unsaturated spread (½ serve) 1 vegetable serve** |
| Apple | 1 medium | 1 fruit serve |
| **Afternoon break** | | |
| Unsalted nuts | 30g | 1 meat and/or alternatives serve |
| Coffee with milk | 200ml (small coffee) | ¼ milk/yoghurt/cheese serve |
| **Evening meal** | | |
| Pasta with beef mince and red kidney beans, tomato and green salad with olive oil and vinegar dressing | 1 cup of cooked pasta65g cooked mince¼ cup kidney beans1½ medium tomato½ onion2 cups green leafy salad2 teaspoon unsaturated oil | **2 grain serves 1 meat and/or alternative serve 1½ vegetable serve ½ vegetable serve 2 vegetable serves 14g unsaturated oil (2 serves)** |
| **Evening snack** | | |
| Plums and reduced fat yoghurt | 1 cup stewed plums100g yoghurt | 1 fruit serve½ milk/yogurt/cheese serve |

## https://www.eatforhealth.gov.au/food-essentials/how-much-do-we-need-each-day/serve-sizes