

### Vegetables and legumes (choose a variety)

A standard serve is about 75 g (100 – 350 kJ) or:  
 1 cup green leafy or raw salad vegetables  
 ½ cup cooked or canned legumes: peas, broad beans or lentils  
 ½ med potato or other starchy vegetable (e.g. sweet potato, cassava)  
 ½ cup cooked green or orange vegetables (e.g. broccoli, beans, carrot or pumpkin)

### Serves per Day Vegetables

Age (years)	2-3	4-8	9- 11	12-13	14-18
Girls	2½	4½	5	5	5
Boys	2½	4½	5	5½	5½

### Fruit

A standard serve is about 150 g (350 kJ) or:  
 1 medium apple, orange, mango, banana, pear, etc  
 2 small apricots, kiwi fruit or plums  
 1 cup diced or canned fruit (with no added sugar)  
 Or only occasionally  
 ½ cup fruit juice (with no added sugar)  
 1 ½ tbsp dried fruit e.g. sultanas or 4 dried apricot halves

### Serves per Day Fruit

Age (years)	2-3	4-8	9- 11	12-13	14-18
Girls	1	1½	2	2	2
Boys	1	1½	2	2	2

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

A standard serve is about 500 kJ or:  
 1 slice (40 gr) bread  
 ½ medium (40 gr) roll or flat bread  
 1 small (35 gr) English muffin or scone  
 ½ cup (75 – 120 gr) cooked rice, pasta, polenta etc,  
 ½ cup (120 gr) cooked porridge  
 2/3 cup (30 gr) wheat cereal flakes or ¼ cup (30 gr) muesli

### Serves per Day Cereal

Age (years)	2-3	4-8	9- 11	12-13	14-18
Girls	4	4	4	5	7
Boys	4	4	5	6	7

### Milk, yoghurt, cheese & alternatives

A standard serve is about 500 – 600 kJ or:  
 1 cup (250 ml) milk (can be fresh, long life or reconstituted milk)  
 2 slices (40g) cheese  
 1 cup of calcium-fortified soy, rice or other milk  
 ¾ cup (200g) plain or fruit yoghurt

### Serves per Day Milk

Age (years)	2-3	4-8	9- 11	12-13	14-18
Girls	1½	1½	3	3½	3½
Boys	1½	2	2½	3½	3½

### Meat, fish, poultry & alternatives

A standard serve is about 500 – 600 kJ) or:  
 65 g cooked (90 – 100 g raw) lean meat e.g. beef, lamb, pork, kangaroo  
 80 g cooked (100 g raw) poultry e.g. chicken or turkey  
 100 g cooked (115 g raw) fish fillet or 1 small can fish  
 2 large (120 g) eggs  
 1 cup cooked or canned legumes/beans: split peas, chickpeas or lentils  
 30 g nuts, seeds, peanut or other nut butter, tahini or other seed paste

### Serves per Day Meat or substitute

Age (years)	2-3	4-8	9- 11	12-13	14-18
Girls	1	1½	2½	2½	2½
Boys	1	1½	2½	2½	2½

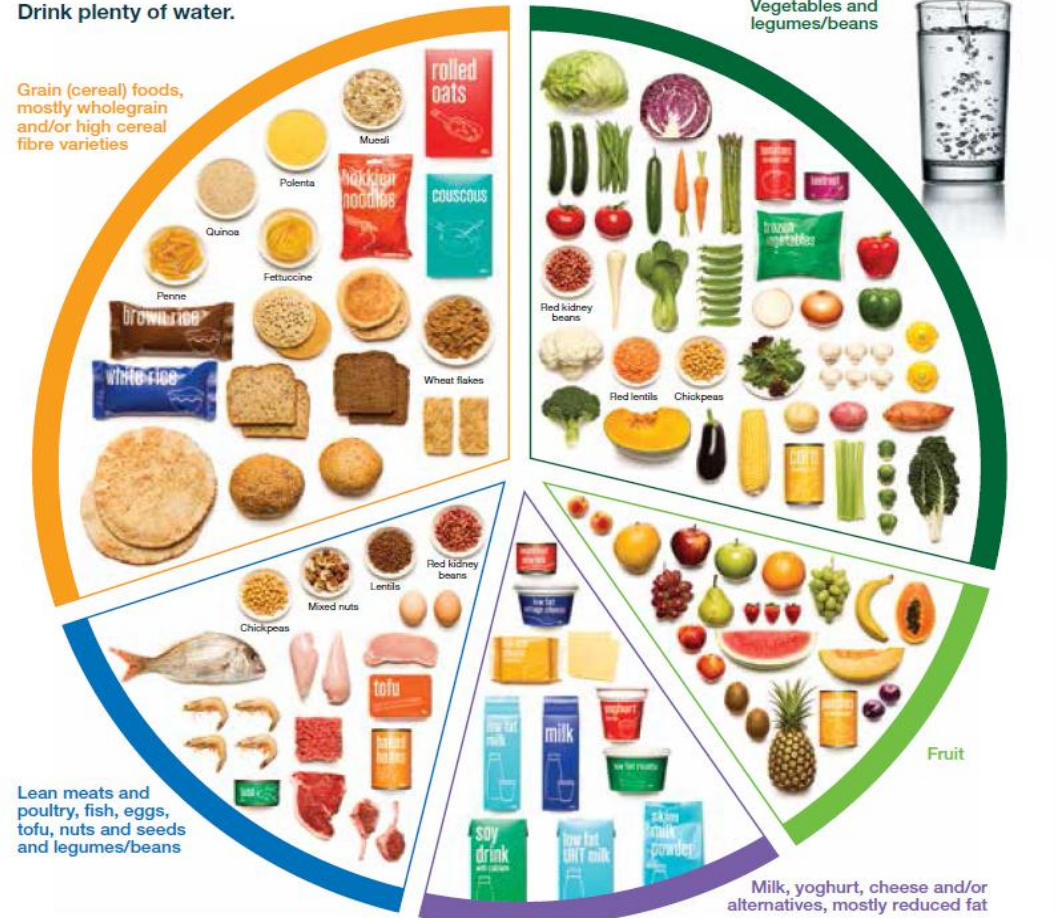


Australian Government  
 National Health and Medical Research Council  
 Department of Health and Ageing

www.eatforhealth.gov.au

# Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.  
 Drink plenty of water.



Use small amounts



Only sometimes and in small amounts

