

Your Guide to a Healthy and Balanced Diet



CORE FOODS AND DISCRETIONARY FOODS -

The key to eating well is to enjoy a variety of nutritious foods from each of the 5 Core Food Groups (see right). To meet the nutrient requirements essential for good health, you need to eat a variety from each of the five food groups daily, in the recommended amounts.

If you are not overweight, and are more active or taller than others you may require extra serves of food. It is recommended that the extra energy required comes from core foods groups as these are high in essential nutrients. However, discretionary foods can be included occasionally and in small amounts to add variety and enjoyment.

CORE FOODS - What is a serve?

Vegetables

1 SERVE =

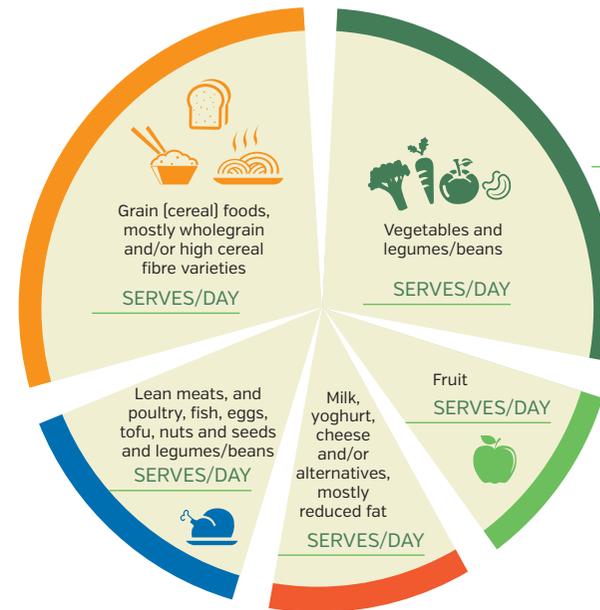
- 1/2 cup of broccoli, zucchini, carrots or pumpkin
- 1/2 cup of cooked beans, peas or lentils
- 1 cup of green leafy or raw salad vegetables

- 1/2 medium potato
- 1 medium tomato

Grain [cereal] foods

1 SERVE =

- 1 slice bread
- 1/2 medium roll or flat bread
- 1/2 cup cooked rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulgur or quinoa



Unsaturated spreads and oils

SERVES/DAY

Discretionary Foods (DF)

SERVES/DAY

Refer to the **Australian Guide to Healthy Eating** to find out your recommended number of core food serves.
www.eatforhealth.gov.au

Meat & alternatives

1 SERVE =

- 100g [raw weight] beef, lamb, chicken or pork
- 115g [raw weight] fish
- 2 large eggs
- 1 cup of cooked or canned legumes
- 170g tofu

Dairy

1 SERVE =

- 250ml milk
- 40g cheese
- 200g yoghurt

Fruit

1 SERVE =

- 1 medium apple, banana or orange
- 2 small apricots or plums
- 1 cup diced or canned fruit

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DISCRETIONARY FOODS – What is a serve?

Discretionary foods are those foods and drinks that we enjoy eating, but are not a necessary part of our diet. These foods and drinks like cakes, biscuits, chips and beer tend to be high in kilojoules and low in essential nutrients. They also tend to be high in saturated fat, added salt, added sugars or alcohol. It is important to limit your intake of these foods and enjoy them only sometimes and in small amounts.

1 SERVE =



PORTION DISTORTION

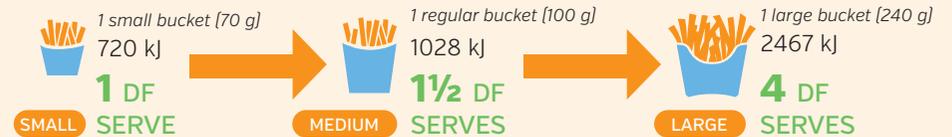
What is portion distortion? Portion sizes in restaurants and at home have increased dramatically in the last 30-40 years. Packets, plates and bowls have slowly become larger and our perception of appropriate portion sizes has become distorted. Larger plates and packets encourages larger snacks and meals, bigger bites, faster eating and more kilojoules and result in a greater total daily energy intake.



Get portion size right!

- Serve food on smaller plates or bowls
- Think twice before going back for seconds
- Divide up the contents of one large package into several small containers
- Share a dessert rather than having your own
- Eat slowly and mindfully without distractions

Portion distortion: how portion size impacts on DF serves



Commonly consumed discretionary foods are included in this brochure. It is not an exhaustive list.

It is important to remember that this is general information only. It is not medical advice, and you shouldn't make any health decisions based on this information without first consulting your doctor or accredited practising dietitian for individual dietary advice.

This brochure is based on the Australian Dietary Guidelines (<http://www.eatforhealth.gov.au>. Accessed 29th July 2014).

REFERENCES:

1. National Health and Medical Research Council (2013) Australian Dietary Guidelines. Canberra: National Health and Medical Research Council.
2. Schwartz J, Byrd-Bredbenner C (2006) Portion distortion: Typical portion sizes selected by young adults. Journal of the American Dietetic Association 106: 1412-141
3. Hollands GJ, Shemilt I, Marteau TM, Jebb SA, Lewis HB, Wei Y, Higgins JPT, Ogilvie D (2015) Portion, package or tableware size for changing selection and consumption of food, alcohol and tobacco. Cochrane Database of Systematic Reviews Issue 9. Art. No.: CD011045.