

Nutrition

Week 2 Lesson 2

Live session

What's in Food & NRVs



SERVE SIZES



Vegetables and legumes/beans

Serves per day

	19–50 years	51–70 years	70+ years
Men	6	5½	5
Women	5	5	5

A standard serve of vegetables 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*
- 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

*preferably with no added salt



Fruit

Serves per day

	19–50 years	51–70 years	70+ years
Men	2	2	2
Women	2	2	2

A standard serve of fruit 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 (with no added sugar)
- Or only occasionally:
- 125ml (½ cup) fruit juice (with no added sugar)
 - 30g dried fruit (for example, 4 dried apricot halves, 1½ tablespoons of sultanas)



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

Serves per day

	19–50 years	51–70 years	70+ years
Men	6	6	4½
Women	6	4	3

A standard serve (500kJ) is:

- 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



Lean meat and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans

Serves per day

	19–50 years	51–70 years	70+ years
Men	3	2½	2½
Women	2½	2	2

A standard serve (500–600kJ) is:

- 65g cooked lean 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 weight) 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)

*weekly limit of 455g



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat

Serves per day

	19–50 years	51–70 years	70+ years
Men	2½	2½	3½
Women	2½	4	4

A standard serve (500–600kJ) is:

- 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

Vegetables

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



Vegetables

For more information go to:
www.eatforhealth.gov.au

Minimum recommended number of serves of vegetables per day

	Serves per day		
	19-50 years	51-70 years	70+ years
Men	6	5½	5
Women	5	5	5
Pregnant women	5	-	-
Breastfeeding women	7½	-	-

	Serves per day				
	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years
Boys	2½	4½	5	5½	5½
Girls	2½	4½	5	5	5

Fruit

Minimum recommended number of serves of fruit per day

	Serves per day		
	19-50 years	51-70 years	70+ years
Men	2	2	2
Women	2	2	2
Pregnant women	2	-	-
Breastfeeding women	2	-	-

	Serves per day				
	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years
Boys	1	1½	2	2	2
Girls	1	1½	2	2	2

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)



Grains

Minimum recommended number of serves of grain (cereal) foods per day, mostly wholegrain and/or high cereal fibre varieties

	Serves per day		
	19-50 years	51-70 years	70+ years
Men	6	6	4½
Women	6	4	3
Pregnant women	8½	-	-
Breastfeeding women	9	-	-

	Serves per day				
	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years
Boys	4	4	5	6	7
Girls	4	4	4	5	7

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
- ⅔ 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

Milk, Yoghurt & Cheese

For more information go to:
www.eatforhealth.gov.au

Minimum recommended number of serves of milk, yoghurt, cheese and/or alternatives per day, mostly reduced fat

	Serves per day		
	19-50 years	51-70 years	70+ years
Men	2½	2½	3½
Women	2½	4	4
Pregnant women	2½	-	-
Breastfeeding women	2½	-	-

	Serves per day				
	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years
Boys	1½	2	2½	3½	3½
Girls	1½	1½	3	3½	3½

Milk, Yoghurt & Cheese

How much is a serve of milk*, yoghurt*, cheese* and/or alternatives?

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



1
cup



2
slices



¾
cup



1
cup

The following foods contain about the same amount of calcium as a serve of milk, yoghurt or cheese:

100g	almonds with skin
60g	sardines, canned in water
½ cup (100g)	canned pink salmon with bones
100g	firm tofu (check the label as calcium levels vary)

**Choose mostly reduced fat*

Lean meats & poultry, fish, eggs, tofu, nuts & seeds, and legumes/beans

Minimum recommended number of serves of lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans per day

	Serves per day		
	19-50 years	51-70 years	70+ years
Men	3	2½	2½
Women	2½	2	2
Pregnant women	3½	-	-
Breastfeeding women	2½	-	-

	Serves per day				
	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years
Boys	1	1½	2½	2½	2½
Girls	1	1½	2½	2½	2½

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)*



*Only to be used occasionally as a substitute for other foods in the group

Unsaturated fats/oils/spreads

Includes an allowance for unsaturated spreads or oils and nuts or seeds:

- 4 serves [28–40g] per day for men less than 70 years
- 2 serves [14–20g] per day for women and older men
- ½ serve [4–5g] per day for children 2–3 years
- 1 serve [7–10g] per day for children 3–12 years
- 1½ serves [11–15g] per day for children 12–13 years
- 2 serves [14–20g] per day for adolescents 14–18 years and for pregnant and breastfeeding girls.

► What foods contain unsaturated fats?

Unsaturated fats

Unsaturated (polyunsaturated and monounsaturated) fats are found in foods in the Five Food Groups, especially in:

- seeds
- nuts
- legumes/beans
- avocado
- oats
- fish
- lean grass-fed meat
- poultry
- eggs

Foods with mostly polyunsaturated fats

- sunflower and safflower seeds
- soybeans
- cottonseeds
- sesame seeds
- corn and grape seeds

Foods with mostly monounsaturated fats

- canola seeds
- most nuts
- rice bran
- avocados and olives



Standard serve size equivalents unsaturated fats/oils/spreads

Food group	Serve sizes	250 kilojoules per serve
Unsaturated fats/oils/spreads	10g polyunsaturated spread	
	10g monounsaturated spread	
	7g monounsaturated or polyunsaturated oil, for example olive, canola or sunflower oil	
	10g tree nuts or peanuts or nut pastes/butters	

See pages 41–44 for further information on recommended dietary allowances.

Discretionary Choices

What is a serve of discretionary choices?

A serve of Discretionary choices provides about 500-600 kilojoule:

2 scoops (75g)	ice-cream
2 slices (50-60g)	processed meats, salami or mettwurst
1½ thick or 2 thin (50-70g)	regular sausages
½ snack-size packet (30g)	salty crackers or crisps
2-3 (35g)	sweet plain biscuits
1 (40g)	doughnut
1 slice (40g)	plain cake/small cake-type muffin
5-6 (40g)	sugar confectionary/small lollies
1 tblsp (60g)	jam or honey
½ bar (25g)	chocolate
2 tblsp (40g)	cream
1 tblsp (20g)	butter
1 can (375ml)	soft drink (sugar-sweetened)
¼ pie or pastie (60g)	commercial meat pie or pastie (individual size)
12 (60g)	fried hot chips
200ml	wine (2 standard drinks; but note this is often 1 glass for many Australian wines)
60ml	spirits (2 standard drinks)
600ml	light beer (1½ standard drinks)
400ml	standard beer (1½ standard drinks)



SAMPLE DAILY FOOD PATTERNS FOR ADULTS

Recommended average daily number of serves – adults

Recommended average daily number of serves from each of the Five Food Groups*							Additional serves for taller or more active men and women
	Age	Vegetables and legumes/ beans	Fruit	Grain (cereal) foods, mostly wholegrain and/or high fibre cereal varieties	Lean meats and poultry, fish, eggs, tofu, 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 unsaturated spreads and oils or discretionary choices
Men	19–50	6	2	6	3	2½	0–3
	51–70	5½	2	6	2½	2½	0–2½
	70+	5	2	4½	2½	3½	0–2½
Women	19–50	5	2	6	2½	2½	0–2½
	51–70	5	2	4	2	4	0–2½
	70+	5	2	3	2	4	0–2
Pregnant	(19–50)	5	2	8½	3½	2½	0–2½
Breastfeeding	(19–50)	7½	2	9	2½	2½	0–2½

* Includes an allowance for unsaturated spreads or oils and nuts or seeds: 4 serves [28–40g] per day for men less than 70 years of age; 2 serves [14–20g] per day for women and older men.

For more information including sample meal plans and recipes go to:

www.eatforhealth.gov.au

Recommended average daily number of serves – children & adolescents

SAMPLE DAILY FOOD PATTERNS FOR CHILDREN AND ADOLESCENTS

Recommended average daily number of serves from each of the Five Food Groups*							Additional serves for more active, taller or older children and adolescents
	Age	Vegetables and legumes/beans	Fruit	Grain (cereal) foods, mostly wholegrain and/or high fibre cereal varieties	Lean meats and poultry, fish, eggs, tofu, 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 unsaturated spreads and oils or discretionary choices
Boys	2-3	2½	1	4	1	1½	0-1
	4-8	4½	1½	4	1½	2	0-2½
	9-11	5	2	5	2½	2½	0-3
	12-13	5½	2	6	2½	3½	0-3
	14-18	5½	2	7	2½	3½	0-5
Girls	2-3	2½	1	4	1	1½	0-1
	4-8	4½	1½	4	1½	1½	0-1
	9-11	5	2	4	2½	3	0-3
	12-13	5	2	5	2½	3½	0-2½
	14-18	5	2	7	2½	3½	0-2½
Pregnant		5	2	8	3½	3½	0-3
Breastfeeding		5½	2	9	2½	4	0-3

* Includes an allowance for unsaturated spreads or oils and nuts or seeds: ½ serve [4-5g] per day for children 2-3 years of age, 1 serve [7-10g] per day for children 3-12 years of age, 1½ serves [11-15g] per day for children 12-13 years of age, and 2 serves [14-20g] per day for adolescents 14-18 years of age and for pregnant and breastfeeding girls.