GUIDELINE 1: To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs.

- Older people should eat nutritious foods and keep physically active to help maintain muscle strength and a healthy weight.

GUIDELINE 2: Enjoy a wide variety of nutritious foods from these five food groups every day:

- Plenty of vegetables of different types and colours, and legumes/beans
- Fruit
- Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties, such as breads, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley
- Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans
- Milk, yoghurt, cheese and/or their alternatives, mostly reduced fat

And drink plenty of water.

GUIDE FOR HEALTH AND WELLBEING

Eating for health and wellbeing is about choosing foods from the Five Food Groups every day, while physically active and choosing amounts of nutritious food and drinks to meet your energy needs.

WHAT ARE THE DIETARY GUIDELINES?

The Australian Dietary Guidelines provide up-to-date advice about the amount and kinds of foods that we need to eat for health and wellbeing. They are based on scientific evidence and research.

The Australian Dietary Guidelines of most relevance to adults are included below:

GUIDELINE 3: Limit intake of foods containing saturated fat, added salt, added sugars and alcohol.

- Limit intake of foods high in saturated fat such as many biscuits, cakes, pastries, pies, processed meats, commercial burgers, pizza, fried foods, potato chips, crisps and other savoury snacks.
- Replace high fat foods which contain predominately saturated fats such as butter, cream, cooking margarine, coconut and palm oil with foods which contain predominately polyunsaturated and monounsaturated fats such as oils, spreads, nut butters/pastes and avocado.

GUIDELINE 4: Encourage, support and promote breastfeeding.

GUIDELINE 5: Encourage, support and promote breastfeeding.

WHO ARE THE DISCREPANT CHOICES?

“Discrepant choices” are called that because they are not an essential or necessary part of our dietary patterns. Discrepant foods are high in kilojoules, saturated fat, added sugars, added salt or alcohol. If chosen, they should be eaten only sometimes and in small amounts.

Examples of discrepant choices include:

- Sweet biscuits, cakes and desserts
- Processed meats and sausages
- Ice-cream, confectionery and chocolate
- Meat pies and other pastries
- Commercial burgers, hot chips, and fried foods
- Crisps and other fatty and/or salty snacks
- Cream and butter
- Sugar-sweetened cordials, soft drinks, fruit drinks and sports drinks
- Alcoholic drinks
The amount of food you will need from the Five Food Groups depends on your age, gender, height, weight and physical activity levels, and also whether you are pregnant or breastfeeding. For example, a 43-year-old man should aim for 6 serves of vegetables a day, whereas a 43-year-old woman should aim for 5 serves a day. A 61-year-old man should aim for 6 serves of grain (cereal) foods a day, and a 61-year-old woman should aim for 4 serves a day. Those who are taller or more physically active (and not overweight or obese) may be able to have additional serves of the Five Food Groups or unsaturated spreads and oils or discretionary choices.

For further information go to www.eatforhealth.gov.au.

WHICH FOODS SHOULD I EAT AND HOW MUCH?

HOW MUCH IS A SERVE?

It’s helpful to get to know the recommended serving sizes and serves per day so that you eat and drink the right amount of the nutritious foods you need for health – as shown in the tables above. We’ve given you the serve size in grams too, so you can weigh foods to get an idea of what a serve looks like.

The ‘serve size’ is a set amount that doesn’t change. It is used along with the ‘serves per day’, to work out the total amount of food required from each of the Five Food Groups.

HOW MANY SERVES A DAY?

Few people eat exactly the same way each day and it is common to have a little more on some days than others. However, on average, the total of your portion sizes should end up being similar to the number of serves you need each day.

If you eat portions that are smaller than the ‘serve size’ you will need to eat from the Food Groups more often. If your portion size is larger than the ‘serve size’, then you will need to eat from the Food Groups less often.