

Eat a wide variety of nutritious foods from these five food groups every day

Drink water.



Use small amounts

Only sometimes and in small amounts



Australian Government
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Department of Health and Ageing

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DAILY DIETS

These recommended dietary patterns based on the five food groups provide the nutrients and energy needed by all men and women of average height who have sedentary to moderate activity levels.

Additional portions of the five food groups or discretionary choices are needed only by people who are taller or more active to meet additional energy requirements.

These dietary patterns are based on the consumption of plant and animal foods (an omnivore diet). Other dietary patterns, including vegetarian and vegan diets can also meet nutrient and energy requirements for most groups of the population.

Table 1: Recommended dietary patterns for men and women

| 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, such as breads, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley | 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 | 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 |
| Lactating | (19–50) | 7½ | 2 | 9 | 2½ | 2½ | 0–2½ |

* Includes an allowance for unsaturated spreads or oils, 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).

SERVE SIZE EQUIVALENTS FOR EACH FOOD GROUP

Table 1: Standard serve size equivalents for each food group

| Food group | Serve sizes |
|------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|
| Vegetables and legumes/ beans | 75g (1/2 cup) cooked green or Brassica or cruciferous vegetables |
| | 75g (1/2 cup) cooked orange vegetables |
| | 75g (1/2 cup) cooked dried or canned beans, chickpeas or lentils, no added salt |
| | 75g (1 cup) raw green leafy vegetables |
| | 75g starchy vegetables (e.g. 1 small or 1/2 medium potato, or equivalent of sweet potato, taro, sweet corn or cassava) |
| | 75g other vegetables e.g. 1 small-medium tomato |
| Fruit | 150g (1 piece) of medium-sized fruit e.g. apple, banana, orange, pear |
| | 150g (2 pieces) of small fruit e.g. apricots, kiwi fruit, plums |
| | 150g (1 cup) diced, cooked or canned fruit* |
| | 125mL (1/2 cup) 100% fruit juice ^ |
| | 30g dried fruit*,^ e.g. 4 dried apricot halves, 1½ tablespoons of sultanas |
| Grain (cereal) foods, mostly wholegrain, such as breads, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley | 1 slice of bread or 1/2 a medium roll or flat bread (about 40g) |
| | 1/2 cup cooked rice, pasta, noodles |
| | 1/2 cup cooked porridge or polenta 2/3 cup breakfast cereal flakes (30g) or 1/4 cup muesli (30g) |
| | 3 crispbreads |
| | 1 crumpet (60g) or 1 small English muffin or scone (35g) |
| | 1/2 cup cooked barley, buckwheat, semolina, cornmeal, quinoa |
| | 1/4 cup flour |

* No added sugar

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

SERVE SIZE EQUIVALENTS FOR EACH FOOD GROUP

Table 1: Standard serve size equivalents for each food group

| Food group | Serve sizes |
|-----------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Lean meat and poultry, fish, eggs, nuts and seeds, and legumes/ beans | 65g cooked lean red meats (e.g. beef, lamb, pork, venison or kangaroo) or 1/2 cup of lean mince, 2 small chops, 2 slices of roast meat (about 90 – 100g raw weight) |
| | 80g cooked poultry (about 100g raw weight) e.g. chicken, turkey |
| | 100g cooked fish fillet (about 115g raw weight) or 1 small can of fish, no added salt, not in brine |
| | 2 large eggs (120g) |
| | 1 cup (170g) cooked dried beans, lentils, chickpeas, split peas, or canned beans |
| | 170g tofu |
| | 30g nuts or seeds or nut/seed paste, no added salt^ |
| Milk, yoghurt, cheese and/or alternatives | 250mL (1 cup) milk – fresh, UHT long life or reconstituted dried |
| | 125mL (1/2 cup) evaporated unsweetened milk |
| | 200g (3/4 cup or 1 small carton) yoghurt |
| | 40g (2 slices, or 4x3x2cm piece) hard cheese (e.g. cheddar) |
| | 120g ricotta cheese |

RECOMMENDED DIETARY PATTERNS FOR CHILDREN AND ADOLESCENTS

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

Additional portions of the five food groups or discretionary choices are needed only by those who are taller, more active, or in the higher end of a particular age band, to meet additional energy requirements.

Table 2: Recommended dietary 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, such as breads, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley | 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 |
| 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 |
| Lactating | | 5½ | 2 | 9 | 2½ | 4 | 0-3 |

* Includes an allowance for unsaturated spreads or oils, 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, and 2 serves [14-20g] per day for adolescents 14-18 years of age and for pregnant and lactating girls).

RECOMMENDED DIETARY PATTERNS FOR TODDLERS 13-23 MONTHS

Data available for usual intakes in toddlers of this age in Australia is very limited, so the recommendations need to be interpreted with care as a general guide. These diets will provide the average needs for boys and girls of this age, subject to variations in needs due to varying activity levels. Appropriate weight gain and development will also indicate whether food intake is appropriate.

Serve sizes are the same as for older children and adults, but as the amounts consumed at any one time may be much smaller their frequency can be increased accordingly. An allowance for unsaturated spreads or oils or nut/seed paste of 1 serve (7–10g) per day is included, however whole nuts and seeds are not recommended for children of this age because they may cause choking.

Table 4: Recommended food patterns for toddlers 13–23 months

| Food | Serve size | Serves a day |
|-------------------------------------------|----------------------|--------------|
| Vegetables and legumes/beans | 75g | 2-3 |
| Fruit | 150g | ½ |
| Grain (cereal) foods | 40g bread equivalent | 4 |
| Lean meat, poultry, fish, eggs | 65g | 1 |
| Milk, yoghurt, cheese and/or alternatives | 250g milk equivalent | 1-1½ |

RECOMMENDED DIETARY PATTERNS FOR INFANTS AGED 7-12 MONTHS

It is recommended that infants should be exclusively breastfed up to around 6 months of age. If this is not possible, infant formula should be used.

For all infants, recommended nutrient intakes are based on the nutrient profile of breastmilk for infants up to 6 months and on estimates of the nutrients provided by breastmilk or formula and complementary foods for older infants.

Recommended dietary patterns for infants and toddlers are just a guide, as individual needs may vary. Appropriate weight gain and development will help to assess whether dietary intake is adequate or excessive. Some serve sizes have been adjusted to account for the small amounts that may be consumed by infants at any one time, while common foods for this age group such as infant cereal have been included. An allowance for unsaturated spreads or oils, or nut/seed paste of ½ serve (4–5g) per day is included, however whole nuts and seeds are not recommended at this age because they may cause choking.

Table 3: A guide to food patterns that will provide nutrient needs for infants aged 7–12 months

| Food | Serve size | Serves a day | Serves a week |
|--------------------------------|----------------------------|--------------|---------------|
| Vegetables and legumes/beans | 20g | 1½–2 | 10–14 |
| Fruit | 20g | ½ | 3–4 |
| Grain (cereal) foods | 40g bread equivalent | 1½ | 10 |
| Infant cereal (dried) | 20g | 1 | 7 |
| Lean meat, poultry, fish, eggs | 30g | 1 | 7 |
| Breast milk or formula | 600mL | 1 | 7 |
| Yoghurt/cheese or alternatives | 20mL yoghurt or 10g cheese | ½ | 3–4 |