

Portion your plate



BETTER HEALTH CO.

Serves versus portions

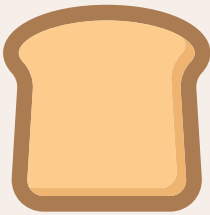
What's the difference between a food serve and a food portion?

A **serve** is a standard measure of food, like a cup or a tablespoon. Standard serve sizes are defined by the Australian Dietary Guidelines.

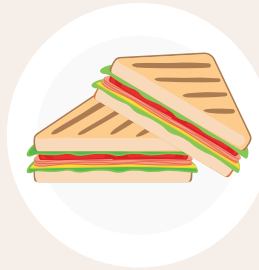
A **portion** is what you actually eat, what's dished up onto your plate or the average helping of food that you have at a meal. A portion can be made up of a number of serves.



For example, one serve of bread is a slice of bread. So, if you have a sandwich on your plate made with two slices of bread, then you'll have two serves of bread making up your portion.



1 standard serve of bread = 1 slice



Sandwich made with 2 slices of bread = 2 serves of bread in your portion

For example, one serve of pasta is half a cup of cooked pasta. So, if you have spaghetti for dinner and have two cups of pasta then that's four serves of pasta making up your portion of pasta.



1 standard serve of pasta = 1/2 cup



Spaghetti with 2 cups of pasta = 4 serves of pasta in your portion



Understanding the standard serve sizes can help you portion your plate with a variety of foods from the five food groups. This doesn't mean you need to measure or weigh all of the food you eat. And what you eat doesn't need to be perfect every mealtime, every day. How it averages out in the long term is more important.

A guide to serve sizes

Grain (cereal) foods

Grain foods are important as they give us energy that lasts for a long time and help us to feel full for longer. Try to eat grain (cereal) foods across the day, include some at every meal and snack.

Minimum recommended number of serves of grain (cereal) foods per day:

	1-8 years	9-11 years	12-18 years	19-50 years	51-70 years	70+ years	Pregnancy	Breastfeeding
Male	4	5	6	6	6	4 ½	8 ½	9
Female		4	5		4	3		



1 standard serve =
1 slice bread or
½ bread roll



1 standard serve =
½ medium flatbread



1 standard serve =
3 whole grain crackers



1 standard serve =
½ cup cooked rice



1 standard serve =
½ cup cooked pasta or
noodles



1 standard serve =
½ cup couscous or bulgur



1 standard serve =
½ cup cooked porridge



1 standard serve =
2 wheat biscuits



1 standard serve =
⅔ cup (30g) wheat flake
cereal

Vegetables and legumes/beans

Vegetables and legumes/beans are full of vitamins and minerals that are very important to help our bodies function and boost our immune system. Try to eat a variety of different coloured and types of vegetables.

Minimum recommended number of serves of vegetables per day:

	1-2 years	2-3 years	4-8 years	9-11 years	12-18 years	19-50 years	51-70 years	70+ years	Pregnancy	Breastfeeding
Male	2-3	2 ½	4 ½	5	5 ½	6	5 ½	5	5	7 ½
Female					5	5	5			



1 standard serve =
½ medium potato or
starchy vegetable



1 standard serve =
1 medium tomato



1 standard serve =
1 cup lettuce or leafy
vegetables



1 standard serve =
½ cup cooked or canned
chickpeas or lentils



1 standard serve =
½ cup frozen vegetables



1 standard serve =
½ cup sweet corn



1 standard serve =
½ cup cooked
vegetables



1 standard serve =
½ cup cooked green
beans or Asian greens



1 standard serve =
½ cup cooked or
canned beans or
legumes



Legumes and beans appear in both the vegetable and lean meats food group. This is because beans are naturally high in protein and can be a good alternative to meat-based meals, particularly for vegetarians.



Fruit

Fruit is full of vitamins and minerals that are very important to keep our bodies working properly and stop us getting sick. Try to eat a variety of fruit.

Minimum recommended number of serves of fruit per day:

	1-2 years	2-3 years	4-8 years	9 + years (Including pregnant / breastfeeding)
Male	½	1	1½	2
Female	½	1	1½	2



1 standard serve =
1 medium apple, orange
or banana



1 standard serve =
1 cup of strawberries



1 standard serve = 2 small
apricots or kiwi fruits



1 standard serve =
20 grapes or cherries



1 standard serve =
30g dried fruit (4 dried
apricots)



1 standard serve =
1 cup of canned fruit in
natural juice



1 standard serve =
½ cup or 125ml juice



1 standard serve =
½ mango



1 standard serve = 5cm
thick wedge or 150g of
melon

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

These foods provide protein which is the building blocks for growing bodies, help our muscles grow and repair.

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

	1-2 years	2-3 years	4-8 years	9-18 years	19-50 years	51+ years	Pregnancy	Breastfeeding
Male	1	1	1½	2½	3	2½	3½	2½
Female					2½	2		



1 standard serve =
65g cooked lean meat



1 standard serve =
80g cooked
chicken or turkey



1 standard serve =
1 small tin (100g) of tuna or
salmon



1 standard serve =
2 large eggs



1 standard serve =
30g nuts (20 peanuts/
almonds)



1 standard serve =
1 cup of cooked or
canned beans, lentils or
legumes



1 standard serve =
170g cooked tofu



1 standard serve =
100g cooked fish



1 standard serve =
2 slices of roast meat

Milk, cheese, yoghurt and/or alternatives

These dairy foods contain calcium which is important to keep bones and teeth strong.

Minimum recommended number of serves of milk, cheese, yoghurt and/or alternatives per day:

	1-2 years	2-3 years	4-8 years	9-11 years	12-18 years	19-50 years	51-70 years	70+ years	Pregnancy	Breastfeeding
Male	1-1½	1½	2	2½	3½	2½	2½	3½	2½	
Female			2½	3			4			



1 standard serve =
1 cup (250ml) of milk



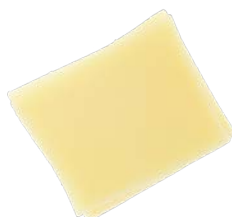
1 standard serve =
200g natural or Greek
yoghurt



1 standard serve =
½ cup ricotta or cottage
cheese



1 standard serve =
2 tablespoons cream
cheese



1 standard serve =
2 slices (40g) cheese



1 standard serve =
Soy, rice or other cereal drink
(with at least 100mg of added
calcium per 100ml)

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)

Fats and oils

Small amounts of unsaturated fats help keep your cells, hormones, eyes, brain and skin healthy and working properly.

Minimum recommended number of serves of fats and oils per day:

	1-2 years	2-3 years	4-11 years	12-13 years	14-18 years	19-70 years	70+ years	Pregnancy	Breastfeeding
Male	1	1½	1	1½	2	4	2		2
Female						2			



1 standard serve =
2 teaspoons (10g)
unsaturated spread,
e.g. margarine



1 standard serve =
2 teaspoons (10g)
nut butter or paste



1 standard serve =
1½ teaspoons (7g)
unsaturated oil, e.g. olive
or canola



What foods contain unsaturated fats?

Unsaturated (polyunsaturated and monounsaturated) fats are found in foods in the Five Food Groups, especially in seeds, nuts, legumes/beans, avocado and oats.



Sometimes and in small amounts

These foods are often processed with added fat, sugar and salt. Choose these foods only sometimes and in small amounts. There is no daily serve recommendation for these foods.



1 standard serve =
4-6 pieces (½ small bar)
chocolate



1 standard serve =
2 scoops of
ice-cream (75g)



1 standard serve =
1 slice (40g) plain cake/
small cake-type muffin



1 standard serve =
1 can (375ml) soft drink or
cordial



1 standard serve =
1 small individual serve
packet (30g) or 12 chips



1 standard serve =
¼ commercial meat pie or
pastie (individual size) (60g)



1 standard serve =
1 ½ thick or 2 thin (50 - 60
g) regular sausages



1 standard serve =
2 slices (50-60g)
processed meat



1 standard serve =
12 hot chips



1 standard serve =
½ cup coconut milk/cream
(choose reduced-fat)



1 standard serve =
1 tablespoon (20g) of
butter or ghee



1 standard serve =
1 tbsp of jam or honey

A guide to serve sizes summary

Recommended minimum average daily number of serves from each of the five food groups for children and adolescents.

	Age	Vegetables and legumes/beans	Fruit	Grain (cereal) foods	Lean meat, poultry, fish, eggs, nuts, seeds, or alternatives	Milk, yoghurt, cheese or alternatives
Boys	1-2	2-3	½	4	1	1 - ½
	2-3	2½	1	4	1	1½
	4-8	4½	1½	4	1½	2
	9-11	5	2	5	2½	2½
	12-13	5½	2	6	2½	3½
	14-18	5½	2	7	2½	3½
Girls	1-2	2-3	½	4	1	1 - ½
	2-3	2½	1	4	1	1½
	4-8	4½	1½	4	1½	1½
	9-11	5	2	4	2½	3
	12-13	5	2	5	2½	3½
	14-18	5	2	7	2½	3½

Recommended minimum average daily number of serves from each of the five food groups for adults.

	Age	Vegetables and legumes/beans	Fruit	Grain (cereals) foods	Lean meat, poultry, fish, eggs, nuts, seeds, or alternatives	Milk, yoghurt, cheese or alternatives
Men	19-50	6	2	6	3	2½
	51-70	5½	2	6	2½	2½
	70+	5	2	4½	2½	3½
Women	19-50	5	2	6	2½	2½
	51-70	5	2	4	2	4
	70+	5	2	3	2	4
Pregnant	(19-50)	5	2	8½	3½	2½
Breast feeding	(19-50)	7½	2	9	2½	2½

How many serves in meals and snacks



Do you know what a standard serve size is of different foods from the five food groups? Put your knowledge to the test. Work out how many standard serves of the five food groups are in these meals and snacks.

1

How many serves is a 200g tub of yoghurt?

- a. 1 serve dairy
- b. 1 serve protein
- c. 2 serves dairy



2

How many serves is 65g of cooked steak?

- a. ½ serve protein
- b. 1 serve protein
- c. 2 serves protein



3

How many serves are in 2 kiwi fruits?

- a. 1 serve fruit
- b. 2 serves fruit
- c. 1 serve vegetables



4

How many serves are in 3 wholegrain crackers with 3 small slices of cheese?

- a. 1 serve grains + 1½ serve dairy
- b. 2 serves grains + 2 serve dairy
- c. 3 serves grains + 3 serves dairy



5

How many serves are in 1 cup of porridge with ½ cup of reduced-fat milk?

- a. 1 serve grain + ½ serve dairy
- b. 2 serves grain + ½ serve dairy
- c. 2 serves grain + 1 serve dairy



6

How many serves are in one slice of wholegrain toast with ½ cup of baked beans?

- a. 2 serves grain + 1 serve protein
- b. 2 serves grain + 2 serves protein
- c. 1 serve grain + ½ serve protein



7

How many serves are in 2 slices of toast + 2 eggs?

- a. 2 serves grain + 1 serve protein
- b. 2 serves grain + 2 serve protein
- c. 2 serves grain + 2 serves dairy



8

How many serves are in a dinner with a 100g cooked fish fillet, 1 cup of salad, and 1 medium-sized steamed potato?

- a. 1 serve protein + 1 serve vegetables
- b. 1 serve protein + 2 serves vegetables
- c. 1 serve protein + 3 serves vegetables



Answers: 1-a, 2-b, 3-a, 4-a, 5-b, 6-b, 7-a, 8-b

Planning meals and snacks

Benefits of planning meals and snacks in advance

- Planning ahead can take the stress out of decision making, which can make it easier to stick to your healthy eating goals.
- You can have all the ingredients you need at home for your meals and snacks.
- Planning is cost effective! Sticking to a shopping list at a weekly shop saves you money compared to lots of smaller trips to the shops.
- Deciding on a plan together can lead to fewer family disagreements.
- And when you're feeling stressed, tired or hungry, having a plan for dinner already is super helpful!



Tips for planning meals in advance

- Have a list of easy, healthy meals for go to options on busy weeknights.
- Cook and freeze reheatable meals in bulk so that you have something ready to go on a busy day.
- Plan your meals for the week on the weekend and make a shopping list.
- Pack lunches the night before so that it's ready to go in the morning.
- Create a couple of weekly meal plans and rotate them so you don't need to create a new one each week.



Tips for planning snacks in advance

- Prepare sandwiches and freeze them so they are quick and easy to put in the sandwich press.
- Cut up fruit and vegetables at the start of the week and keep them in the fridge.
- Have some shelf staples ready at home such as baked beans, tuna, wholegrain crackers, and peanut butter.
- Make a batch of veggie muffins or zucchini slice and keep in the freezer for an easy veggie filled snack.
- Make a homemade trail mix with your favourite nuts, seeds, and dried fruit to keep in the pantry for an easy snack at home or to go.



Have a think about what you would like to do to try to plan meals and snacks in ahead of time. Write your ideas in the box below.

Budgeting tips at home and at the supermarket

Do your groceries online to help you to stick to your shopping list.



Buy in-store or home brands, they are often cheaper than named brands but can be just as healthy and delicious.



Check for discounts at your supermarket. If possible, shop at the end of the day when butchers and greengrocers may have discounts to empty their shelves.



Avoid shopping when you are hungry.

Swap out meat for beans, lentils, eggs or tofu a few times a week for a budget friendly way to enjoy healthy protein rich meals.



Plan your food budget. Make a shopping list and try to stick to it.

Visit your nearest market, greengrocer or butcher. Their foods may be cheaper than the supermarket.

Cook meals in batches and freeze them. This can save time and money.



Shop for fresh fruits and vegetables that are in season or buy frozen or canned varieties (with no added salt or sugar) if these are cheaper. They are just as nutritious as fresh varieties.



Beware of marketing! Discounts and special offers are often for processed and packaged foods. Checkouts often have snack foods to encourage you to buy them before you leave.

Stick to the staples! Marketing of so called 'super foods' can be misleading and can often be an excuse to hike the price up!



Plan a day on a plate



It's your turn to plan a day of tasty meals and snacks for you or your family to eat and enjoy at home. Tick the food group boxes for each meal to help you see whether you are getting the right balance of foods from the five food groups. Draw or write your meals and snacks on each plate below.

Breakfast



- Grain (cereal) foods
- Vegetables and legumes/beans
- Fruit
- Milk, cheese, yoghurt and/or alternatives
- Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans

Lunch



- Grain (cereal) foods
- Vegetables and legumes/beans
- Fruit
- Milk, cheese, yoghurt and/or alternatives
- Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans

Dinner



- Grain (cereal) foods
- Vegetables and legumes/
beans
- Fruit
- Milk, cheese, yoghurt and/
or alternatives
- Lean meats and poultry, fish,
eggs, tofu, nuts and seeds and
legumes/beans

Snacks



- Grain (cereal) foods
- Vegetables and legumes/
beans
- Fruit
- Milk, cheese, yoghurt and/
or alternatives
- Lean meats and poultry, fish,
eggs, tofu, nuts and seeds and
legumes/beans

Example of a day on a plate

Here are some examples of what a day on a plate might look like to meet the minimum daily serve recommendations for foods from the five food groups for different age groups. Remember, these are just a guide. What you eat will be different from day to day, how it averages out in the long term is more important.

Recommended minimum daily serves girls 4-8 years

4 Grains 4½ Vegetables 2½ Fruit 1½ Dairy 1½ Protein



Breakfast

½ cup cooked oats with 200g natural yoghurt and ½ cup berries.

1 Grains ½ Fruit 1 Dairy



Morning snack

1 apple.

1½ Fruit



Lunch

1 wholegrain wrap with 1 slice of cheese, 40g of chicken and 1 cup salad vegetables.

2 Grains 1 Vegetables ½ Protein ½ Dairy



Afternoon snack

1 cup vegetable sticks with hummus.

1½ Vegetables



Dinner

½ cup brown rice + tomato based curry with 1 cup lentils and 1 cup cooked vegetables.

1 Grains 2 Vegetables 1 Protein

Recommended minimum daily serves boys 14-18 years

7 Grains 5½ Vegetables 2 Fruit 3½ Dairy 2½ Protein



Breakfast

1 cup porridge with 1½ cup reduced fat milk and 1 cup strawberries.

2 Grains 1 Fruit 1½ Dairy



Morning snack

200g natural yoghurt with 30g dried fruit and 30g unsalted nuts.

1 Fruit 1 Dairy 1 Protein



Lunch

Wholegrain sandwich with 40g grilled chicken, 2 slices of cheese and ½ cup salad vegetables + 1 cup vegetable sticks.

2 Grains 2½ Vegetables 1 Dairy 1½ Protein



Afternoon snack

1 slice of wholemeal toast with ½ cup baked beans.

1 Grains 1 Vegetables



Dinner

1 cup cooked noodles with 80g cooked chicken and 1 cup cooked vegetables.

2 Grains 2 Vegetables 1 Protein

Recommended minimum daily serves women 19-50 years

6 Grains 5 Vegetables 2 Fruit 2½ Dairy 2½ Protein



Breakfast

½ cup cooked porridge or congee with ½ cup reduced fat milk.

1 Grains ½ Dairy



Morning snack

200g natural yoghurt with 1½ cup diced fruit.

1½ Fruit 1 Dairy



Lunch

Salad with 1 cup of mixed cooked grains, 1 cup salad vegetables and ½ cup cooked beans + 1 cup vegetable sticks with hummus.

2 Grains 3 Vegetables 1 Protein



Afternoon snack

2 large wholegrain crackers with reduced fat ricotta cheese and blueberries.

1 Grains ½ Fruit 1 Dairy



Dinner

1 cup cooked brown rice with 1 cup roast vegetables and 150g of cooked salmon.

2 Grains 2 Vegetables 1½ Protein

Recommended minimum daily serves men 51-70 years

6 Grains 5½ Vegetables 2 Fruit 2½ Dairy 2½ Protein



Breakfast

2 wheat biscuits with ½ cup reduced fat milk + 1 banana.

1 Grains 1 Fruit ½ Dairy



Morning snack

200g natural yoghurt + 2 small kiwi fruit.

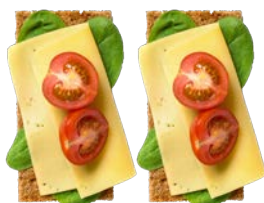
1 Fruit 1 Dairy



Lunch

Sushi made with 1 cup cooked rice, 100g canned tuna, avocado and cucumber + sliced capsicum.

2 Grains 1½ Vegetables 1 Protein



Afternoon snack

2 large wholegrain crispbreads with 2 slices reduced fat cheese, tomato and spinach.

1 Grains 1 Vegetables 1 Dairy



Dinner

1 ½ cup of cooked noodles with 1 cup cooked vegetables and 150g of cooked chicken

2 Grains 3 Vegetables 1½ Protein

Healthy snack ideas

Eating regularly from the five food groups is important because it will help our bodies to get the nutrients we need to grow and stay healthy. It also means we will have lots of energy throughout the day and won't get starving hungry. When we are really hungry it can be more difficult to make healthy choices.

Aim for three meals a day and up to three healthy snacks. Eating regular snacks can help manage hunger in between meals. Have a look at these healthy snack ideas.



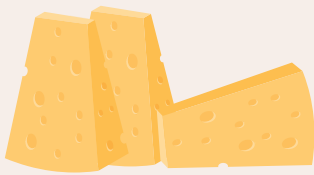
Wholegrain toast with a thin spread of nut butter or fruit



A fresh fruit smoothie (reduced-fat milk and no ice-cream)



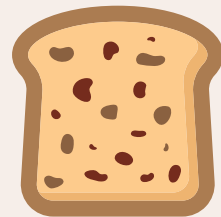
A serve of pretzels (reduced fat)



A serve of reduced-fat cheese



A boiled egg



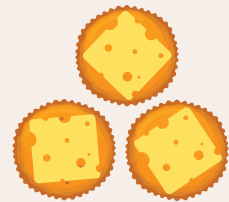
A slice of fruit bread



Mixed dried nuts or dried fruits and seeds



Fresh fruit, fruit salad or fruit kebabs



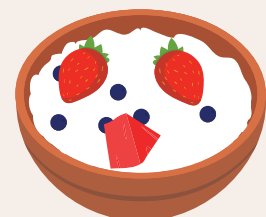
Wholegrain crackers or rye crispbreads with reduced-fat cheese spread



Microwave or air popped popcorn (no added butter/margarine, salt or sugar)



Veggie sticks and dips, e.g. reduced-fat hummus, avocado, salsa with carrot, capsicum or cucumber



Reduced-fat natural yoghurt (use fruit to sweeten)

Exploring new foods

Tips for exploring new foods

- Eat meals and explore new foods with others. Trying new foods together and eating the same meal as others can be helpful.
- Cook foods in new and interesting ways.
- Make mealtimes fun and stress free by allowing everyone to eat what and how much food their body needs by listening to hunger cues.
- Slow down at mealtimes, try not to rush or eat on the go.
- Try new foods from different cuisines and flavour foods with herbs and spices. Try having themed dinner nights!
- Add new foods to smoothies, baked goods and meat dishes.
- Eat in different environments – inside at the table, or maybe have a picnic outside.

The exposure technique

An exposure is any opportunity to experience a new food with all your senses – seeing, hearing, smelling, touching, and tasting it. It's okay if it takes a few tries to like, or even try, a new food. Using the exposure technique can help us introduce new foods into our diet.

1

Select a new type of food to try. Think about how you will prepare and serve the new food.



2

Time when to introduce the new food. It can be helpful to try new foods together with other people. Make sure everyone at the mealtime is calm and in a good mood.



3

Think about how you serve the food. Try to serve new foods with other, familiar foods so you know there will always be something on the plate you enjoy.



4

Engage your senses – see, hear, smell, touch, and taste the food. What does it feel like in your hand? What does it taste like when you put it in your mouth? You don't have to eat a new food every time. Looking, touching, and smelling a new food is a good first step, and can make it more likely you will try it in the future. To help us expose ourselves to new foods multiple times, it can be helpful to track the number of exposures on a chart.





This chart is intended to be used by young people or adults when trying new foods, or by parents or carers when exposing your child to new foods. Place a tick on the chart every time you try or offer your child the new food, even if you/they choose not to try it. Remember, try to present food in different ways!

New food	1	2	3	4	5	6	7	8	9	10

Putting this into practice

Below is a list of suggested SMART goals that you may choose to work on.



Tick ✓ the goals you would like to work on right now and cross ✗ the goals you don't need to work on right now. Then, select two to three goals to work on at a time. Or write your own goals in the section below. Remember, goals can be adapted to be easier or harder, so they are suitable for you and your current situation.

SMART Goal suggestions

- Make a weekly menu for meals this week.
- Prepare healthy snacks to keep in the fridge/freezer so that they're ready and easy to grab this week.
- Cook in bulk and freeze meals for dinners on busy days this week.
- Aim to meet the recommended serves for grain (cereal) foods at least three days this week.
- Aim to meet the recommended serves for vegetables at least three day this week.
- Aim to meet the recommended serves for fruit at least three days this week.
- Aim to meet the recommended serves for dairy at least three days this week.
- Aim to meet the recommended serves for protein foods at least three days this week.
- Include beans/legumes in meals or snacks at least twice this week.
- Include a variety of vegetables in meals and snacks across the day, every day this week.
- Try the exposure technique to explore new foods at least twice this week.
- Try to make mealtimes relaxed and pleasant when introducing new foods this week.
- Cook a new recipe for a meal at least twice this week.
- Involve other family members in shopping, preparing or cooking at least twice this week.

My goals to work on are: