

# FEAST

## SAMPLE FROM LOW-FAT PARTICIPANT BOOKLET





Australian Government  
National Health and Medical Research Council  
Department of Health and Ageing

www.eatforhealth.gov.au

# Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.  
Drink plenty of water.



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



Vegetables and legumes/beans



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



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



Fruit



Use small amounts



Only sometimes and in small amounts





## Vegetables and legumes

Vegetables, including legumes/beans are nutrient dense, low in kilojoules, and are a good source of minerals and vitamins (such as magnesium, vitamin C and folate), dietary fibre and a range of natural plant chemicals such as carotenoids. Legumes include chickpeas, kidney beans, and peas. **Aim for 5 serves a day.**

**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
- 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



\*With canned varieties, choose those with no added salt

## Fruit

A wide variety of fruit is grown and available in Australia. Choosing fruits in season provides **better value and better quality**. And just like with veggies, choosing different coloured fruits increases the variety of nutrients, which can enhance your health! Aim for **two serves** of fruit a day.

Try eating fruits from these different fruit categories:

- citrus fruit such as oranges, mandarins, and grapefruit
- pome fruits such as apples and pears
- stone fruit such as apricots, cherries, peaches, nectarines, and plums
- tropical fruit such as bananas, papaya, mangoes, pineapple, and melons
- berries


**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)



- other fruits such as grapes and passionfruit

Enjoy more fruit by trying:

- chopped fruit to cereal, porridge, salad, or toast
- fruit as a convenient snack while out and about
- fruit-based desserts (baked apples, fruit crumbles, stewed/ poached fruit)
- adding fruit to pancakes, scones, pikelets, and low-fat muffins.



## Wholegrains

All types of grains are good sources of complex carbohydrates and some key vitamins and minerals. Grain foods are mostly made from wheat, oats, rice, rye, barley, millet, quinoa and corn.

Wholegrains are naturally high in fibre, helping you feel full and satisfied — which makes it easier to maintain a healthy body weight. Nutritionally, wholegrain and wholemeal foods are very similar.

**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



**Aim for 4-6 serves of grain foods a day.** Additional serves can be eaten depending on your activity level.

### Enjoy more wholegrains by having:

- breakfasts that include whole-grain cereals, like oatmeal.
- wholemeal toast or wholemeal bagels for white-flour versions.
- low-fat muffins made with whole-grain flours.
- sandwiches using whole-grain breads or rolls.
- quinoa, brown rice, wild rice, barley or bulgur instead of white rice.
- wild rice or barley in soups, stews, casseroles and salads.
- rolled oats or crushed whole-wheat bran cereal in recipes instead of dry breadcrumbs.

### Lean meat and poultry, fish, eggs, tofu, nuts and seeds

These are a critical part of having enough protein each day. They also provide other nutrients such as: iodine, iron, zinc, vitamins, especially B12, and essential fatty acids.


There's a lot to choose from:

- Lean meats - Beef, lamb, veal, pork, kangaroo
- Poultry - Chicken, turkey, duck, emu, goose, bush birds
- Fish and seafood - Fish, prawns, crab, lobster, mussels, oysters, scallops, clams
- Eggs
- Nuts and seeds - Almonds, pine nuts, walnut, macadamia, hazelnut, cashew, peanut, nut spreads, and pumpkin seeds
- Legumes/beans - All beans, lentils, chickpeas, split peas, tofu.

**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
170g	tofu
30g	nuts, seeds, peanut or almond butter or tahini or other nut or seed paste



\*Choose those with no added salt

## Milk, yoghurt, cheese, and/or alternatives

Dairy products (and dairy alternatives) are rich in calcium, protein, and lots of nutrients. Dairy foods contribute to strong bones. Aim for **at least 2-3 serves daily**.

Examples of milk, yoghurt, cheese and/or alternatives include:

- Milks - All reduced fat or full cream milks, plain and flavoured, long life milks, fortified soy beverages
- Yoghurt - All yoghurts including reduced fat or full cream, plain and flavoured, soy yoghurt (calcium fortified)
- Cheese - All hard cheeses, reduced or full fat for example cheddar, Gouda, Swiss

**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



**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