

**TABLE 4:1 FOOD GROUPS AND RECOMMENDED SERVES**

(Revised February 2014. Replaces p.93, Workbook *Good Food, Good Living*)

MAJOR FOOD GROUP	RECOMMENDED DAILY INTAKE (Adults*)	SERVE GUIDES 1 serve equals...
Grain (cereal foods) – bread, cereals, rice, pasta, noodles. Wholegrains and/or high fibre varieties are recommended.	3-6 serves	<i>Standard serve = 500kJ</i> 1 slice bread (40g) ½ medium bread roll or flat bread (40g) ½ cup cooked rice, pasta, noodles, semolina, polenta, barley, etc. (75-120g) ¼ cup muesli (30g) 2/3 cup wheat cereal flakes (30g) ½ cup cooked porridge (120g) 3 crispbreads (35g)
Vegetables, legumes/beans	5+ serves	<i>Standard serve = approx.75g (100-350kJ)</i> ½ cup (75gm) cooked green or orange vegetables ½ medium potato or equivalent starchy vegetable 1 cup green leafy or raw salad vegetables ½ cup (75gm) cooked legumes (dried or canned beans, peas, lentils) 1 medium tomato
Fruit	2 serves	<i>Standard serve = approx.150g (350kJ)</i> 1 medium piece (apple, banana, orange, pear) 2 small pieces (apricots, plums, kiwi fruit) 1 cup tinned fruit (no added sugar) <i>Occasionally</i> ½ cup juice (no added sugar) 30g dried fruit (e.g., 4 dried apricot halves, 1½ tablespoons sultanas)
Milk, yoghurt, cheese And/or alternatives (e.g. soy, rice or other cereal drinks with at least 100mg of added calcium/100mls)	2½-4 serves	<i>Standard serve = 500-600kJ</i> 1 cup (250mls) milk – fresh, UHT, reconstituted powdered ¾ cup (200g) yoghurt 2 slices (40g) firm cheese such as cheddar ½ cup (120g) ricotta cheese
Lean meat, fish, poultry, eggs, nuts, legumes/beans	2-3 serves	<i>Standard serve = 500-600kJ</i> 65g cooked lean meat (90-100g raw) – beef, lamb, pork, etc. 80g cooked lean chicken or turkey (100g raw) 100g cooked fish (115g raw) 1 small can of fish 2 large eggs 1 cup cooked dried or canned beans, lentils, chick peas, split peas 30g nuts, seeds, nut butter or paste
<b>SMALL AMOUNTS &amp; EXTRA FOODS</b> are eaten in small amounts. These include ‘good’ oils, margarine, and butter.		
<b>SOMETIMES FOODS</b> are eaten occasionally and in very small amounts. These include soft drinks, ice cream, chips, takeaway food.		

(Source: Australian Dietary Guidelines, Healthy Eating for Adults

[http://www.eatforhealth.gov.au/sites/default/files/files/the\\_guidelines/n55g\\_adult\\_brochure.pdf](http://www.eatforhealth.gov.au/sites/default/files/files/the_guidelines/n55g_adult_brochure.pdf) )

**\*Note:** Recommended daily intake for adults varies according to age, gender, energy and nutrient requirements. The above Table provides only a summary of intake ranges and some examples of food serves. For more detailed information see The Australian Dietary Guidelines at <http://www.eatforhealth.gov.au/> or consult with an Accredited Practising Dietitian.