



Recommended serve sizes

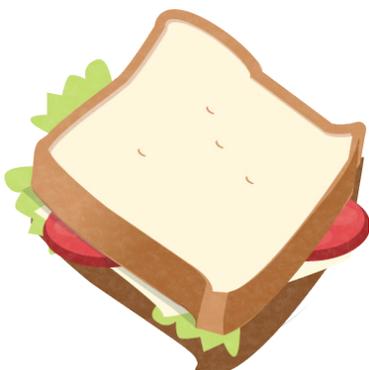
The serve size information is based on the recommendations for adults from the [Australian Dietary Guidelines](#)

Fruit, vegetables, legumes and beans

Food or drink	Serve size	Recommended number of serves per day ¹	Other details
Choose a variety of nutritious foods, both from the five different groups and within each food group			
Fruit			
Fresh or frozen fruit	1 piece of medium-sized fruit (150g) e.g. apple, banana, orange, pear	2 serves per day	Choose a variety of fruits
	2 small pieces of fruit (150g) e.g. apricots, kiwi fruit, plums		
Dried fruit	4 dried apricot halves (30g)		
	1 ½ tablespoon sultanas (30g)		
Diced, canned or cooked fruit	1 cup (150g), drained		Choose varieties that are canned in natural juice rather than syrup
100% unsweetened fruit juice	½ cup (125mL)	Choose 100% fruit juice with no added sugar	
Vegetables, legumes and beans			
Raw green leafy vegetables	1 cup (75g)	5 serves per day for women 6 serves per day for men	
Cooked vegetables	½ cup (75g)		Green or Brassica or cruciferous vegetables: spinach, bok choy, broccoli, cauliflower
			Orange vegetables: pumpkin, carrots
Starchy vegetables	1 small or ½ (75g) medium potato, sweet potato, taro, sweet corn or cassava		Choose potatoes that are baked without oil, boiled and mashed without the addition of cream, butter, fat, oil
Cooked dried or canned beans, chickpeas or lentils	½ cup (75g)	Choose no added salt varieties	

Grain and cereal foods

Food or drink	Serve size	Recommended number of serves per day ¹	Other details
Choose a variety of nutritious foods, both from the five different groups and within each food group			
Breads and sandwiches			
Breads and rolls	1 slice of bread (40g) ½ medium bread roll (40g)	6 serves of grain (cereal) foods (bread, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley) per day	Choose wholegrain varieties
Crispbreads	3 crispbreads (35g)		
Crumpets	1 crumpet (60g)		
English muffin	1 small English muffin or scone (45g)		Choose wholegrain or English muffins containing fruit
Fruit, vegetable and/or nut breads	1 slice (40-60g)		Choose plain, un-iced varieties. Choose wholegrain varieties where possible
Savoury breads, twists, pull-aparts and garlic bread	1 large piece (40-60g)		Choose wholegrain varieties where possible with reduced fat cheese, lean meats and vegetable toppings
Wraps or flat bread	1 wrap or 1 piece flat bread (40g)		Choose wholegrain varieties
Breakfast cereals			
Breakfast cereal flakes	⅔ cup breakfast cereal flakes	6 serves of grain (cereal) foods (bread, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley) per day	Choose wholegrain, high fibre varieties
Breakfast cereal e.g. wheat biscuits	2 wheat biscuits		Choose wholegrain, high fibre varieties
Porridge	½ cup of cooked oats or 1 sachet		Prepare according to directions with water or reduced fat milk
Muesli	¼ cup		Choose untoasted varieties
Rice and noodles			
Rice, pasta and noodles	½ cup cooked rice, pasta or noodles	6 serves of grain (cereal) foods (bread, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley) per day	Choose brown rice and wholemeal pasta or wholegrain varieties



Lean meat and poultry, fish, eggs, tofu, nuts, seeds, legumes and beans

Food or drink	Serve size	Recommended number of serves per day ¹	Other details				
Choose a variety of nutritious foods, both from the five different groups and within each food group							
Meat and alternatives							
Cooked meat and chicken	½ cup lean cooked mince (65g)	2.5 serves per day for women 3 serves per day for men	Choose lean varieties of meat and poultry				
	2 small chops (65-100g)						
	2 slices roast meat (65-100g)						
	80g cooked poultry (chicken, turkey)						
Meat patties, burger patties, savoury mince	½ cup mince (150g)		2.5 serves per day for women 3 serves per day for men	Choose reduced fat lean meat without crumbing, oven bake or grill without the addition of fat.			
	1 small meat patty e.g. 8cm wide (150g)						
Sausages or Frankfurters (beef, pork, lamb or chicken)	See 'discretionary food and drink choices;'			2.5 serves per day for women 3 serves per day for men	Choose reduced fat and reduced sodium varieties, serve on a wholemeal bun		
Crumbed meat, chicken, fish or vegetable products	1 round vegetable patty approx. 8cm wide (up to 150g)				2.5 serves per day for women 3 serves per day for men	Choose plain varieties rather than crumbed.	
	½ flattened crumbed chicken/meat schnitzel (150g)					Choose oven baked or grilled varieties that meet the nutrient criteria	
	1 small cooked fish fillet (100g)						
Processed meats	See 'discretionary food and drink choices;'				2.5 serves per day for women 3 serves per day for men		
Fish and seafood	100g cooked fish fillet					2.5 serves per day for women 3 serves per day for men	Choose oven baked, grilled or steamed varieties of seafood
	½-1 cup cooked, shelled seafood e.g. prawns, scallops, mussels (80-120g)						
	1 small can of tinned fish (80-120g)						
Eggs and egg products	2 large eggs (120g)	2.5 serves per day for women 3 serves per day for men				Poach, boil or fry in a non-stick pan without oil	
Nuts	¼ cup or a small handful of nuts (30g)					Choose plain, unsalted varieties that have not been roasted with oil	
Seeds	¼ cup seeds (30g)					2.5 serves per day for women 3 serves per day for men	Choose no added salt varieties
Cooked dried or canned beans, chickpeas or lentils	1 cup (170g)						
Tofu	170g tofu						

Milk, yoghurt, cheese and/or alternatives

Food or drink	Serve size	Recommended number of serves per day ¹	Other details
Choose a variety of nutritious foods, both from the five different groups and within each food group			
Dairy products and alternatives			
Milk	1 cup (250mL)	2.5 serves per day	Choose reduced fat cow's milk or cow's milk alternatives such as calcium fortified varieties of soy and other milks
Evaporated milk (unsweetened)	½ cup (120mL)		Choose reduced fat varieties
Yoghurt	1 small tub or ¾ cup (200g)		
Cheese (hard cheese e.g. cheddar, edam, gouda)	2 slices (40g)		Choose reduced fat varieties
Cheese (soft cheese e.g. fetta, cottage, ricotta, mascarpone)	½ cup (120g)		Choose reduced fat varieties
Dairy snacks	1 small tub or ¾ cup (200g)		Choose reduced fat varieties of custard, creamed rice, fromage frais, milk-based puddings, mousses



Water

Food or drink	Serve size	Recommended number of serves per day ¹	Other details
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Choose a variety of nutritious foods, both from the five different groups and within each food group

Water

Water	1 cup (250mL)	At least 8 glasses of water per day	
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Unsaturated spreads and oils

Food or drink	Serve size	Recommended number of serves per day ¹	Other details
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Choose a variety of nutritious foods, both from the five different groups and within each food group

Unsaturated oils and spreads

Condiments (e.g. jam, honey, marmalade)	See 'discretionary food and drink choices'	2 serves per day for women 4 serves per day for men	
Oil	1 tablespoon (20g) = 1 extra		Choose poly or monounsaturated oils (e.g. olive, canola, sunflower oils) rather than saturated oils (e.g. palm oil, coconut oil, butter etc)
Margarine	1 tablespoon (20g) = 1 extra		Choose varieties comprising poly or monounsaturated fat (e.g. canola, olive spreads) rather than dairy blends which contain saturated fat. Select salt reduced varieties
Mayonnaise	2 tablespoons (40g) = 1 extra		Choose reduced fat varieties
Salad dressings, sauces and condiments	1 tablespoon (20g) = 1 extra		Choose products that contain no added salt or salt reduced varieties

Discretionary food and drinks

Food or drink	Serve size	Recommended number of serves per day ¹	Other details
Savoury snack items			
Flavoured popcorn, savoury chips, crisps and biscuits	¼ cup (≤30g) = 1 extra	Foods containing saturated fat, added salt and added sugars should be limited.	Avoid large serving sizes (i.e. >30g) as these products are generally high in fat and salt
Pizza commercial, frozen or prepared on site	2 slices (thin crust) = 2 extras		Avoid deep pan varieties
Processed meats	2 slices (50 - 60g)		Choose lean varieties such as lean ham, lean diced chicken meat
Quiche commercial, frozen or prepared on site	1 slice (150g) = 3 extras		
Sausages or Frankfurters (beef, pork, lamb and chicken)	2 thin or 1.5 thick sausages		Choose reduced fat and reduced sodium varieties, serve on a wholemeal bun
Savoury pastries and pies	1 pie or pastie (170g) = 3 extras		Choose varieties that are reduced fat, reduced salt and meet the nutrient criteria
	1 large sausage roll (130g) = 2.5 extras		
Spring rolls, chiko rolls and dim sims	1 large spring roll (170g) = 3 extras		Choose oven baked or steamed varieties that meet the nutrient criteria
	4 small spring rolls = 3 extras		
	1 chiko roll (163g) = 2.5 extras		
	2 fried dim sims (140g) = 2 extras		
Wedges, chips, hash browns, scallops, gems (potato formed products)	½ bucket (60g) = 1 extra	Choose oven baked varieties that meet the nutrient criteria	
Sweet snack items			
Chocolate	½ small bar (25g)	Foods containing saturated fat, added salt and added sugars should be limited.	
Condiments (e.g. jam, honey, marmalade)	2 tablespoons (60g) = 1 extra		
Confectionery/lollies	5 - 6 small lollies (40g) = 1 extra		
Sweet biscuits (plain)	2 - 3 sweet biscuits = 1 extra		Plain biscuits, include wholemeal options if available and offer varieties containing fruit, vegetables or nuts

Discretionary food and drinks

Food or drink	Serve size	Recommended number of serves per day ¹	Other details
Sweet snack items			
Muffins and doughnuts	1 small muffin or doughnut (40g) = 1 extra	Foods containing saturated fat, added salt and added sugars should be limited.	Provide fruit or vegetable based muffins, include wholemeal and reduced fat options if possible
Plain assorted slices, scrolls and cakes	1 small slice (40g) = 1 extra		Provide uniced, uncoated, unfilled cakes, scrolls or slices that contain fruit, vegetables or nuts. Include wholemeal and reduced fat options if possible
Scones or pikelets (plain)	1 small scone (40g) = 1 extra		Provide plain scones and/or pikelets that contain fruit and/or vegetables. Include wholemeal options where possible
Ice cream	2 scoops (75g) = 1 extra		Choose reduced fat varieties

Drinks

Food or drink	Serve size	Recommended number of serves per day ¹	Other details
Drink plenty of water and limit intake of drinks containing added sugars such as sugar-sweetened soft drinks, cordials, fruit drinks, vitamin waters, energy and sports drinks			
Drinks			
Soft drink	1 can (375mL) = 1 extra		Choose 'no sugar' or diet varieties
Light beer	600mL = 1 extra (1.5 standard drinks)		Refer to the Australian National Guidelines www.alcohol.gov.au
Regular beer	400mL = 1 extra (1.5 standard drinks)		
Spirits	60mL = 1 extra (2 standard drinks)		
Wine	200mL = 1 extra (2 standard drinks)		

¹ Based on values for adults aged 19-70 years from the Australian Dietary Guidelines, 2013 (<http://www.eatforhealth.gov.au/>)