

# NUTRITION

“Nutrition is often referred to as the ‘building blocks and fuel of life’; used to nourish and sustain our day-to-day activities whilst also contributing to the ongoing promotion of our health and well-being. What we eat contributes significantly to how we feel and how efficiently our bodies function on a daily basis. Ultimately, good nutrition is aligned with fueling our bodies with an adequate amount of nutrients, vitamins, minerals, proteins and energy directly from the food-sources we consume, to power and sustain our well-being.”

## THINGS TO LIMIT AND MODERATE

Moderation is key when it comes to a healthy diet!

Enjoying a variety of foods across the five different food groups is advised for the promotion of good health and nutrition.

Some things to be conscious of are:

- Keeping added salt and sugars to a minimum
- Avoiding processed foods high in saturated and trans fats
- Moderating “sometimes-foods”, including: takeaway meals and junk foods; chips, chocolate and lollies, etc.
- Limiting sugary drinks: soft drink, bottled juice, energy drinks, flavoured waters, etc.
- Moderating alcohol intake; aiming for at least two alcohol-free days each week

**Keep portion size in mind, because although eating a variety of foods is important, it is important not to eat too much!**

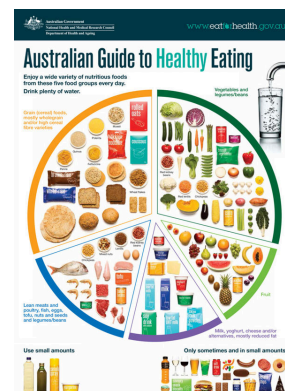


## THE FOOD GROUPS

The Australian Guide to Healthy Eating presents the proportion of each food group recommended for consumption each day.

Variety, colour and portion size is key aiming for:

- Two fruit and five veggies each day (including legumes, such as: chickpeas, beans and lentils)
- Grain-based products, ideally wholegrain (breads, pasta, rice, noodles, oats, polenta, quinoa and barley)
- Moderate amounts of lean, unprocessed protein sources (meat, poultry, fish, eggs, tofu, legumes, nuts and seeds)
- Dairy products and alternate sources (milks, yoghurt, cheese and soy, rice, nut and oat alternatives)



## THINGS TO CHAMPION!

There is no, one diet that suits everybody. However, in order to gain maximum health benefits from the foods you consume:

Choose foods closest to their natural form (ie. whole fruit over juices; baked or steamed veggies instead of fried alternatives)

Promote interesting options and choose variety! Aim to eat foods from each of the food groups daily:

- A rainbow of veggies, mix of wholegrain, and various lean protein sources.
- Predominate with plants, eating plenty of plant-based foods (vegetables, legumes, nuts and seeds, fruits, grains, etc.)
- Moderate meat, eating lean protein sources (skinless poultry, dairy products, fish, eggs, tofu, etc.)
- Have healthy fats most days, such as: extra virgin olive oil, avocado, oily fish, nuts and seeds
- Hydrate with plenty of water



# WHAT CONSTITUTES A SERVE?

One serve is a set amount of food determined in accordance with Australia's dietary guidelines. This amount does not change and is calculated depending on the nutrients and kilojoules in different food sources. In order to sustain our diets, we require numerous serves of food each day across the food groups presented in the Australian Guide to Healthy Eating (grains, dairy, lean meats, fruits, vegetables). Guidelines in the tables below outline the suggested number of we should be consuming across the different food groups dependent on age, gender and life stage.

## WOMEN

### 19-50 years

| FRUIT | VEGGIES, LEGUIMES, BEANS | GRAINS | DAIRY PRODUCTS | LEAN MEAT, POULTRY, FISH, EGGS |
|-------|--------------------------|--------|----------------|--------------------------------|
| 2     | 5                        | 6      | 2.5            | 2.5                            |

### 51-70 years

| FRUIT | VEGGIES, LEGUIMES, BEANS | GRAINS | DAIRY PRODUCTS | LEAN MEAT, POULTRY, FISH, EGGS |
|-------|--------------------------|--------|----------------|--------------------------------|
| 2     | 5                        | 4      | 4              | 2                              |

### 70+ years

| FRUIT | VEGGIES, LEGUIMES, BEANS | GRAINS | DAIRY PRODUCTS | LEAN MEAT, POULTRY, FISH, EGGS |
|-------|--------------------------|--------|----------------|--------------------------------|
| 2     | 5                        | 3      | 4              | 2                              |

### Pregnant

| FRUIT | VEGGIES, LEGUIMES, BEANS | GRAINS | DAIRY PRODUCTS | LEAN MEAT, POULTRY, FISH, EGGS |
|-------|--------------------------|--------|----------------|--------------------------------|
| 2     | 5                        | 8.5    | 2.5            | 3.5                            |

### Lactating

| FRUIT | VEGGIES, LEGUIMES, BEANS | GRAINS | DAIRY PRODUCTS | LEAN MEAT, POULTRY, FISH, EGGS |
|-------|--------------------------|--------|----------------|--------------------------------|
| 2     | 7.5                      | 9      | 2.5            | 2.5                            |

## MEN

### 19-50 years

| FRUIT | VEGGIES, LEGUIMES, BEANS | GRAINS | DAIRY PRODUCTS | LEAN MEAT, POULTRY, FISH, EGGS |
|-------|--------------------------|--------|----------------|--------------------------------|
| 2     | 6                        | 6      | 2.5            | 3                              |

### 51-70 years

| FRUIT | VEGGIES, LEGUIMES, BEANS | GRAINS | DAIRY PRODUCTS | LEAN MEAT, POULTRY, FISH, EGGS |
|-------|--------------------------|--------|----------------|--------------------------------|
| 2     | 5.5                      | 6      | 2.5            | 3                              |

### 70+ years

| FRUIT | VEGGIES, LEGUIMES, BEANS | GRAINS | DAIRY PRODUCTS | LEAN MEAT, POULTRY, FISH, EGGS |
|-------|--------------------------|--------|----------------|--------------------------------|
| 2     | 5                        | 4.5    | 3.5            | 2.5                            |

# SERVE ME A SERVE!

## VEGETABLES AND LEGUMES

- 1/2 cup cooked leafy greens (spinach, silverbeet, broccoli, sprouts)
- 1/2 cup coloured veggies (cauliflower, pumpkin, beetroot, carrot, zucchini, sweetcorn, eggplant, capsicum, mushroom, potato, etc.)
- 1 cup raw leafy greens (kale, lettuce, etc.)
- 1/2 cup chickpeas, lentils, beans, peas

## GRAINS

- 1 slice wholegrain bread / crumpet
- 1/2 cup cooked pasta, rice, noodles, barley, quinoa, polenta, oats
- 1/4 cup muesli
- 2/3 cup cereal flakes

## PROTEINS

- 65g cooked, lean red meat (beef, lamb, veal, pork, kangaroo)



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