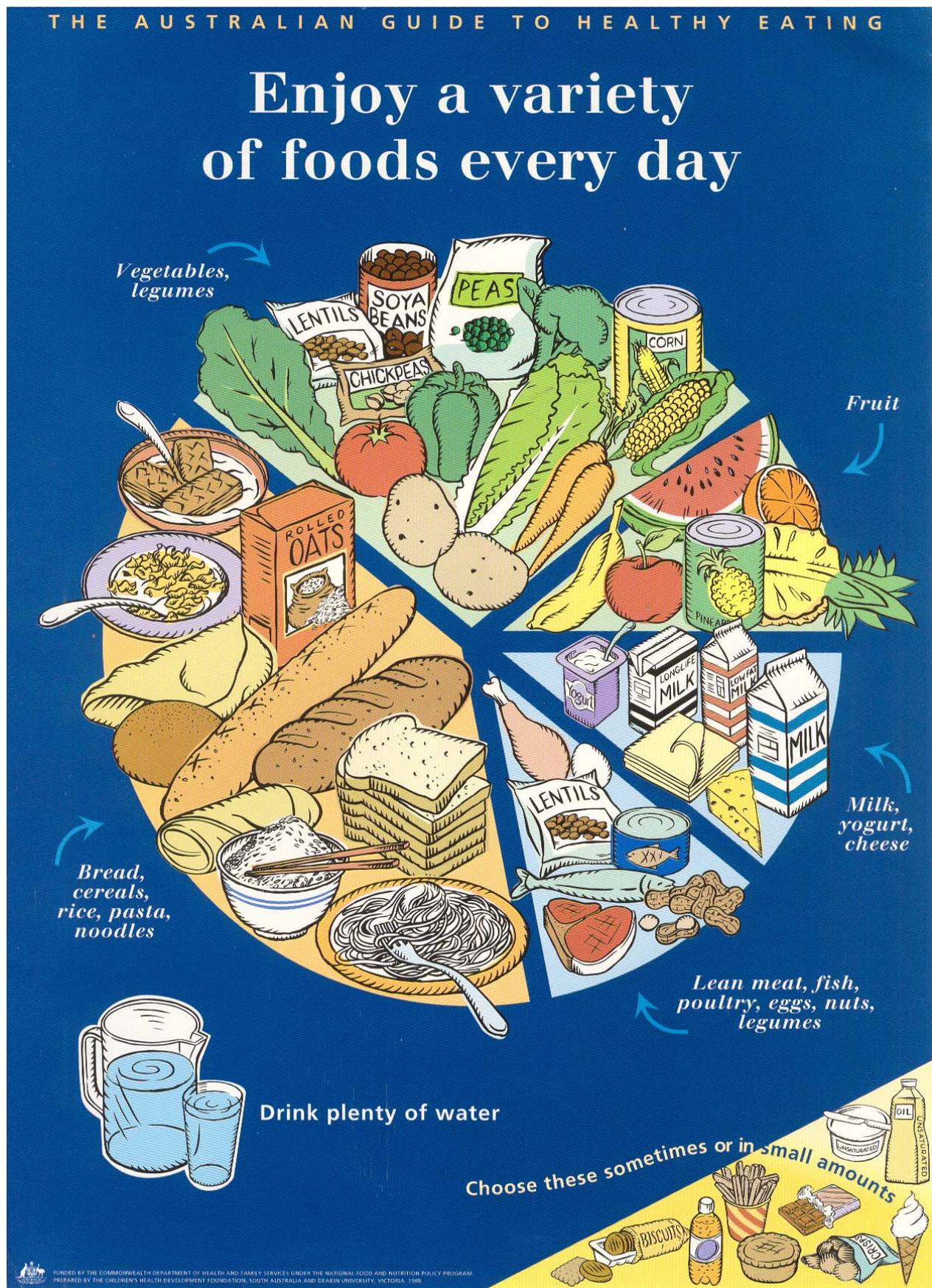


APPENDIX 1

The Australian Guide to Healthy Eating



Posters available free of charge from the Nutrition and Physical Activity Program, Department of Health and Community Services.

THE AUSTRALIAN GUIDE TO HEALTHY EATING

The information below is adapted from:

The Australian Guide to Healthy Eating Background Information for Consumers and Background Information for Nutrition Educators by Elizabeth Kellet, Alison Smith & Yvonne Schmerlaib, The Commonwealth Department of Health and Family Services, 1998, 'copyright Commonwealth of Australia reproduced by permission'.

The *Australian Guide to Healthy Eating* has been developed for the Commonwealth Department of Health and Family Services and is based on recent research in nutrition.

The *Guide* provides information about the amounts and kinds of food that you need to eat each day to get enough of the nutrients essential for good health and well being. Healthy eating habits throughout life will also reduce the risk of health problems in later life such as heart disease, some cancers, diabetes and obesity.

The Five Food Groups

The five food groups are:

- Bread, cereals, rice, pasta, noodles
- Vegetables, legumes
- Fruit
- Milk, yogurt, cheese
- Meat, fish poultry, eggs, nuts, legumes

These foods provide the important nutrients the body needs (See Table 1).

Table 1: Main nutritional characteristics of the five food groups

FOOD GROUP NAME	BREAD, CEREALS, RICE, PASTA, NOODLES	VEGETABLES, LEGUMES	FRUIT	MILK, YOGURT, CHEESE	MEAT, FISH, POULTRY, EGGS, NUTS, LEGUMES
MAIN DISTINGUISHING NUTRIENTS	carbohydrate, iron, thiamine	vitamin A (beta-carotene)	vitamins, especially vitamin C	calcium, protein	protein, iron, zinc
Each food group also provides significant contributions of other dietary components					

To Eat A Healthy Diet:

1. Eat enough food from each of the five food groups every day;
2. Choose different varieties of foods from within each of the five food groups from day to day, week to week, and at different times of the year;
3. Eat - *plenty* of plant foods (bread, cereal, rice, pasta, noodles, vegetables, legumes and fruit)
 - *moderate* amounts of animal foods (milk, yogurt, cheese, meat, fish, poultry, eggs) in the proportions shown by the guide: and
 - *small* amounts of the extra foods and margarines and oils;
4. Drink plenty of water.

Visual And Text Messages On The *Guide*

Enjoy a variety of foods every day

The message to enjoy a variety of foods every day highlights the importance of the positive aspects of eating. This message also indicates that foods should be eaten from each food group every day. If food from the five food groups is eaten in the amounts recommended, it is likely then that the individual's diet will contain all the nutrients that it needs. Eating healthy food should be an enjoyable experience.

Foods illustrated on the *Guide* in the groups

The foods illustrated on the guide were chosen to:

- Reflect foods commonly consumed in Australia
- Represent the range of foods within each food group
- Be affordable
- Reflect the nature of the food supply including fresh, processed and packaged foods
- Create the opportunity for shifts towards healthier eating (eg including both wholemeal products and white flour products)
- Be consistent with a low fat, low saturated fat, low salt, high fibre and only moderate sugar intake

Proportions of food groups in the diet

The foods that form the basis of a healthy diet are portrayed in a pie (or “plate”) diagram. The size of each segment of the circle is a visual representation of the recommended proportion of the diet to choose from each group, e.g:

- approximately one third of the diet should comprise bread, cereals, rice pasta and noodles;
- approximately one third of the diet should comprise vegetables and legumes;
- the final third of the diet should comprise approximately equal quantities of the other food groups of *a*) fruit; *b*) milk, yogurt, cheese; and *c*) lean meat, poultry, fish, eggs, nuts, legumes.

Water

Adults for good health need eight glasses of water a day. More water is needed when being physically active and in hot weather. All fluids, other than alcohol, contribute to this fluid requirement. Water is the best drink to quench thirst.

The foods not in the circle

“*Choose these sometimes or in small amounts*” is the message that refers to those foods regarded as extra foods because they do not fit into the five main groups in the circle. They are not essential to provide the nutrients the body needs, and some contain too much added fat, salt and sugars. These foods are likely to contribute large amounts of energy. However, they can add to the overall enjoyment of eating a healthy diet.

Margarine and oil also fit into this group of foods that should only be eaten sometimes or in small amounts.

Food Groups and Serving Sizes



Breads, Cereals, Rice, Pasta, Noodles

Foods in this group come from grains like wheat, oats, rice, rye, barley, millet and corn. The grains can be eaten whole, ground into flour to make a variety of cereal foods, like bread, pasta and noodles, made into ready-to-eat breakfast cereals or ready-to-eat products such as rice cakes, crumpets and crispbreads.

How much is needed each day?

The range for people 4 years and over is between 3 – 12 sample serves each day.

What is a sample serve?

2 slices of bread

1 medium bread roll

1 cup cooked rice, pasta, or noodles

1 cup porridge, 1¹/₃ cups breakfast cereal flakes, or ½ cup muesli



Vegetables, Legumes

Vegetables come from many different parts of plants, including the leaves, roots, tubers, flowers, stems, seeds and shoots. Some vegetables are the fruit of the plant, e.g. tomato, pumpkin, but are included because they are used as vegetables.

Legumes are the seeds of plants from the Leguminosae family. These vegetables are eaten in the immature form as green peas and beans, and in the mature form as dried peas, beans, lentils and chick peas.

How much is needed each day?

The range for people 4 years and over is between 2 – 9 sample serves each day.

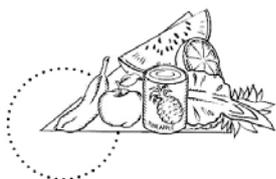
What is a sample serve?

½ cup (75g) cooked vegetables

½ cup (75g) cooked dried beans, peas, or lentils

1 cup salad vegetables

1 potato



Fruit

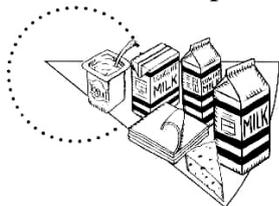
A wide variety of fruit is available in Australia today. Fruit forms from the flower and contains the seeds of the plant. Fruit is sweet because of the sugars it contains. Juices also belong in this group but have a much lower fibre content than fresh fruit. Dried fruit belongs in this group, however it contains a concentrated form of sugar, so if eaten frequently or in large quantities it can contribute to dental caries.

How much is needed each day?

The range for people 4 years and over is between 1 – 5 sample serves each day.

What is a sample serve?

- 1 medium piece, eg apple, banana, orange, pear
- 2 small pieces, eg apricots, kiwi fruit, plums
- 1 cup diced pieces or canned fruit
- ½ cup juice
- 1½ tablespoons sultanas or similar dried fruit
- 4 dried apricot halves or similar dried fruit



Milk, Yogurt, Cheese

Milk, yogurt and firm cheeses are the three important foods in this group, and a wide choice is available. Choices of milk and yogurt can be made on the basis of fat content, type of sweetener or flavourings used. Milks can be fresh, dried, evaporated or long-life. Cheeses can also be reduced in fat. Foods in this group are an excellent source of calcium.

The foods in this group can increase the fat content of the diet if full cream products are chosen. For most people over the age of 5 years the best choices are low fat milk, yogurt and cheese. For children under 5 years full cream varieties are recommended because low fat diets are not suitable. Some people with special needs will also benefit from full cream choices.

Some people follow a dairy food free or milk-free diet because they think that milk makes mucous or they suspect a milk allergy. A link between dairy products and mucous has never been proved. Milk allergy is not common and should be diagnosed by a doctor.

How much is needed each day?

The range for people 4 years and over is between 2 – 5 sample serves each day.

What is a sample serve?

- 1 cup (250 ml) fresh, long-life or reconstituted dried milk
 - ½ cup evaporated milk
 - 2 slices (40g) cheese
 - 1 small carton (200g) yogurt
 - 1 cup (250 ml) custard
- Note: custard is higher in energy than the other foods listed.*

Milk, Yogurt, Cheese cont.

Ice cream and fromage frais contribute calcium to the diet, but not enough for them to be included as sample serves in the Milk, Yogurt and Cheese group. 2 scoops ice cream (50g scoops) and 200g fromage frais, provide half the calcium of a sample serve but more kilojoules than the foods listed.



Meat, Fish, Poultry, Eggs, Nuts, Legumes

There is a wide variety of foods in this group. It consists of all kinds of meat, poultry, fish, eggs, nuts and nut pastes (such as peanut butter), legumes and some seeds such as sunflower and sesame seeds.

Red meat should be eaten 3-4 times a week, or high iron replacement foods will be required. This is especially true for girls, women, vegetarians and athletes. The body more easily absorbs the iron in animal foods than the iron in plant foods. Vitamin C, found in fruit and vegetables, will assist the body to absorb iron from plant foods eaten at the same time.

How much is needed each day?

The range for people 4 years and over is between 1/2 – 2 sample serves each day.

What is a sample serve?

65 – 100g cooked meat, chicken eg ½ cup lean mince, 2 small chops or 2 slices roast meat

½ cup cooked (dried) beans, lentils, chick peas, split peas, or canned beans

80 – 120g cooked fish fillet

2 small eggs

1/3 cup peanuts or almonds

¼ cup sunflower seeds or sesame seeds



Foods in the Extras Category

Some foods do not fit into the five food groups. They are not essential to provide the nutrients the body needs, and some contain too much added fat, salt and sugars. These foods are likely to contribute large amounts of energy. However, they can add to the overall enjoyment of eating a healthy diet.

Examples include biscuits, cakes, desserts, pastries, soft drinks, high fat snack items such as crisps, pies, pasties, sausage rolls and other takeaways; lollies and chocolate.

Margarine and oil also fit into this group of foods that should only be eaten sometimes or in small amounts.

People who are very active or growing rapidly can eat more extra foods than people who are inactive or trying to lose weight.

How much is needed each day?

The range for people 4 years and over is between 0 – 3 sample serves each day.

Foods in the Extras Category cont.

What is a sample serve?

- 1 tablespoon butter, margarine, oil
- 2 tablespoons cream, mayonnaise
- 1 (40g) doughnut
- 4 (35g) plain sweet biscuits
- 1 slice (40g) plain cake
- ½ small bar (25g) chocolate
- ⅓ meat pie or pasty (60g)
- 12 hot chips (60g)
- 1 ½ scoops ice cream (50g scoop)
- 1 can (375ml) soft drink

How Many Sample Serves for Children?

The amount and type of food needed varies with age and sex. Choose your preferred eating pattern. Select from a diet based on eating a lot of bread, rice, pasta and noodles (shown in the lower row of Table 2) or one which includes more from all of the groups (shown in the upper row of Table 2).

Using Table 2, choose the number of sample serves you need according to your level of physical activity and body size. If you are fairly sedentary and/or of small to average size, you should use the lower number. If you are fairly active and/or of average to large size, you should use the higher number.

Some very large and very active children will need even more, while some very small and inactive children will need even less than is shown in the table below. In these situations, the best guide to amount required is hunger, e.g. eat when hungry and stop eating when full.

Table 2: Sample serves from the Australian Guide to Healthy Eating suggested for Children and Adolescents.

CHILDREN AND ADOLESCENTS	BREAD, CEREALS, RICE, PASTA, NOODLES	VEGETABLES, LEGUMES	FRUIT	MILK, YOGURT, CHEESE	MEAT, FISH, POULTRY, EGGS, NUTS, LEGUMES	EXTRA FOODS
Children 4-7 years	5-7	2	1	2	½	1-2
	3-4	4	2	3	½-1	1-2
Children 8-11 years	6-9	3	1	2	1	1-2
	4-6	4-5	1-2	3	1-1 ½	1-2
Adolescents 12-18 years	5-11	4	3	3	1	1-3
	4-7	5-9	3-4	3-5	1-2	1-3

Key

	Indicates a diet based on eating a lot of bread, cereal, rice, pasta & noodles
	Indicates a diet including foods from all food groups

Physical activity is important too

You may also want to think about increasing your physical activity level. Thirty minutes of moderate activity every day (like walking), even if done in three ten-minute bursts, will make you fitter and healthier.

Enjoy a variety of foods every day

*Vegetables,
legumes*

Fruit



*Milk,
yogurt,
cheese*



*Bread,
cereals,
rice, pasta,
noodles*



*Lean meat, fish,
poultry, eggs, nuts,
legumes*



Drink plenty of water

Choose these sometimes or in small amounts

