

normal healthy eating

Normal healthy eating is essential for good health. If you have struggled with disordered eating, you may be unsure about what 'normal healthy eating' actually looks like.

This handout includes some guidelines about the number of servings from each food group which an average adult should have to achieve healthy nutrition. Adolescent (age 12-18) nutritional needs are higher, to support growth.

This information is general in nature and does not replace individual advice from a dietician. It may not be appropriate for those who are underweight.

Six Main Food Groups

Food can be divided into six main groups. For good health, it is important to eat foods from each food group every day. There are minimum recommended serves from each food group to ensure your mind and body get enough nutrients to be at your best.

The main food groups are:

- ◇ Breads, cereals, rice, pasta, noodles
- ◇ Vegetables & legumes
- ◇ Fruit
- ◇ Dairy, or dairy alternatives (e.g. soy products)
- ◇ Meat, fish, poultry, eggs, nuts & pulses
- ◇ Added fats
- ◇ Occasional foods

Breads, Cereals, Rice, Pasta, Noodles

The recommended intake is 4-6 serves per day for women, 5-7 per day for men. Some examples of 1 serve in this food group include:

- ◇ 2 slices bread or 1 medium bread roll
- ◇ 1 1/3 cups breakfast cereal flakes
- ◇ 1 cup cooked porridge
- ◇ 1 cup cooked pasta, rice or noodles
- ◇ 1 medium potato



Vegetables & Legumes

The recommended intake is 5-7 serves per day for men and women. Some examples of 1 serve in this food group include:

- ◇ 1/2 cup cooked vegetables
- ◇ 1 cup salad
- ◇ 1/2 cup cooked lentils or chick peas



Fruit

The recommended intake is 2-3 serves per day for women, 3-4 per day for men. Some examples of 1 serve in this food group include:

- ◇ 1 medium piece of fresh fruit (e.g., apple, pear)
- ◇ 2 small pieces (e.g., apricots, kiwi fruit)
- ◇ 1 cup fruit salad or canned fruit
- ◇ 4 dried apricots or 1 1/2 tbsp sultanas
- ◇ 1/2 cup fruit juice



Dairy & Alternatives

The recommended intake is 3 serves per day for women and men. Some examples of 1 serve in this group are:

- ◇ 1 cup milk or soy milk (250ml)
- ◇ 1 tub (200g) yoghurt or 1 cup custard
- ◇ 2 slices (40g) cheese



Meat, Fish, Poultry, Nuts & Pulses

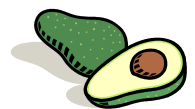
The recommended intake is 1-2 serves per day for men and women. Some examples of 1 serve in this food group include:

- ◇ 100g meat or chicken or 2 slices roast meat
- ◇ 95g canned tuna or salmon or 120g cooked fish
- ◇ 2 eggs
- ◇ 1 cup cooked beans (e.g., kidney, soy, chick peas)
- ◇ 150g hard tofu
- ◇ 1/3 cup nuts, 1/4 cup sunflower or sesame seeds

Added Fats

The recommended intake is 1-2 serves per day for men and women. Some examples of 1 serve in this food group include:

- ◇ 1 tbsp margarine, oil, butter, cream or salad dressing
- ◇ 1/4 avocado (small) or 5 small olives
- ◇ 1 tsp mayonnaise



Occasional Foods

These are to be enjoyed in moderation as part of any healthy eating pattern. Recommended intake is 1-2 serves per day for men and women. Examples include:

- ◇ 1 ice cream on a stick (or 1 1/2 scoops)
- ◇ 1 doughnut or 1 slice of cake
- ◇ 4 plain sweet biscuits or 2 chocolate biscuits
- ◇ 1 small cup of hot chips
- ◇ 1 fun size bag of potato crisps
- ◇ 25g chocolate or 40g lollies.

Developed in conjunction with Kate Fleming, Dietician

This document is for information purposes only. Please refer to the full disclaimer and copyright statement available at <http://www.cci.health.wa.gov.au> regarding the information from this website before making use of information

See website www.cci.health.wa.gov.au for more handouts and resources.