

FOOD GROUP	SERVES PER DAY	EXAMPLES
<b>Protein</b>	3-5 serves Eat protein foods with each meal or snack  Daily intake: 0.8-2g protein per kg of body weight eg: 70kg person needs a minimum of 70g protein*	<b>Animal sources:</b> Fresh lean fish, seafood, beef, lamb, veal, pork, kangaroo, chicken, turkey, duck, quail, eggs; avoid processed, smoked and fatty meats.
		<b>Vegetarian sources:</b> All legumes - lentils, split peas, chickpeas, red kidney beans, tofu, tempeh, eggs.
<b>Vegetables</b>	6 serves  (1 serve = 1 cup)	<b>All vegetables:</b> Eat 3 serves of a variety of different coloured vegetables, including cruciferous vegetables and root vegetables.
		<b>Leafy green vegetables:</b> Eat 3 serves of leafy green vegetables such as dark leaf lettuce, rocket, spinach, silverbeet, kale, cabbage, Chinese greens
<b>Fruit</b>	2-3 serves (1 serve = 1 piece or ½ cup)	Eat a variety of different coloured fruits including berries and citrus.
<b>Nuts, seeds, oils</b>	2 serves (1 serve = 1 handful nuts and seeds or 2 tablespoons healthy oils)	All nuts and seeds should be raw and fresh. All oils should be cold pressed. Healthy oils include: olive, flax, macadamia nut, walnut and sesame.
<b>Grains</b>	1 small serve	1-2 pieces of wholegrain bread or ½ cup of brown rice, wholemeal pasta, couscous, oats etc
<b>OPTIONAL</b>	(½ cup cooked grains)	
<b>Dairy</b>	1 small serve	Milk, butter, cheese, yogurt and whey protein
<b>OPTIONAL</b>	(¼ - ½ cup)	
<b>Beverages</b>	1.5-2 litres of water or equivalent beverages	<b>Drink liberally:</b> water, herbal teas, green tea and fruit and vegetable juices. Avoid: Alcohol, tea, coffee, chocolate, fruit juices/drinks with added sugar, soft drinks, dairy.
<b>Condiments and sweeteners</b>	As desired	<b>Use liberally:</b> fresh herbs, spices, chilli, garlic, lemon and lime juice, healthy oils, honey Avoid: sugar, artificial sweeteners, salt, processed dressings and sauces

\*Note: The amount of protein in a food does not equal its overall weight eg: 100g of chicken, turkey, lamb or beef or 250g tofu only contain approximately 30g protein