

FOOD GROUP	SERVES PER DAY	EXAMPLES
Protein	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*	Animal sources: Fresh lean fish, seafood, beef, lamb, veal, pork, kangaroo, chicken, turkey, duck, quail, eggs; avoid processed, smoked and fatty meats.
		Vegetarian sources: All legumes - lentils, split peas, chickpeas, red kidney beans, tofu, tempeh, eggs.
Vegetables	6 serves (1 serve = 1 cup)	All vegetables: Eat 3 serves of a variety of different coloured vegetables, including cruciferous vegetables and root vegetables.
		Leafy green vegetables: Eat 3 serves of leafy green vegetables such as dark leaf lettuce, rocket, spinach, silverbeet, kale, cabbage, Chinese greens
Fruit	2-3 serves (1 serve = 1 piece or ½ cup)	Eat a variety of different coloured fruits including berries and citrus.
Nuts, seeds, oils	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.
Grains	1 small serve OPTIONAL (½ cup cooked grains)	1-2 pieces of wholegrain bread or ½ cup of brown rice, wholemeal pasta, couscous, oats etc
Dairy	1 small serve OPTIONAL (¼ - ½ cup)	Milk, butter, cheese, yogurt and whey protein
Beverages	1.5-2 litres of water or equivalent beverages	Drink liberally: water, herbal teas, green tea and fruit and vegetable juices. Avoid: Alcohol, tea, coffee, chocolate, fruit juices/drinks with added sugar, soft drinks, dairy.
Condiments and sweeteners	As desired	Use liberally: 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