

TUCKER TALK TIPS

HEALTHY EATING GUIDELINES

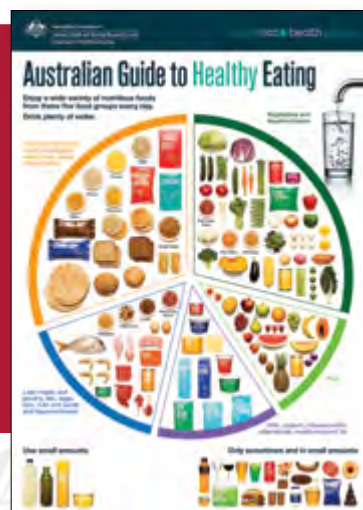
MY MESSAGE TO YOU



GOOD FOOD FOR OUR MOB

This guide provides information about the kind of food to choose each day for a balanced and healthy diet. To be healthy, we need to:

- eat foods from each of the 5 food groups, especially plenty of fruit and vegies
- enjoy a variety of different foods from within each of the 5 food groups
- limit 'sometimes' foods and drinks



WHAT ARE THE FIVE FOOD GROUPS?



GRAIN FOODS

Includes bread, porridge, breakfast cereals, rice, pasta, noodles, oats and barley. Wholemeal and wholegrain types are best.



DAIRY

Includes milk (or soy milk), cheese, yoghurt and custard. Choose low or reduced fat types.



VEGETABLES

Includes all vegies, salad, baked beans, split peas and lentils.



MEAT/PROTEIN FOODS

Includes all meats, chicken, fish, eggs and nuts.



FRUIT

Includes fresh, frozen, canned and dried fruit. It is better to eat whole fruit than to drink juice.



'SOMETIMES' FOODS

Includes cakes, biscuits, chips, pastries, chocolate, lollies, ice cream, butter, soft drinks and cordials. Have only occasionally and in small amounts.

HEALTHY EATING GUIDELINES

WHAT IS A SERVE?

HOW MANY SERVES DO WE NEED TO EAT?

Each day, most adults need to eat the following number of serves:



6 SERVES OF GRAIN FOODS

A serve could be:

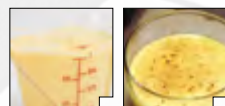
- 1 slice of bread
- 3 dry biscuits
- 1/2 cup of cooked rice or pasta
- 2/3 cup of breakfast cereal
- 1/2 cup of cooked porridge



3 SERVES OF DAIRY (reduced fat)

A serve could be:

- 1 cup of milk
- 1 tub of yoghurt
- 2 slices of cheese
- 1 cup custard



5 SERVES OF VEGETABLES

A serve could be:

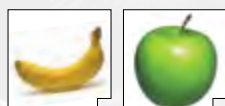
- 1/2 cup of cooked vegies
- 1/2 cup of baked beans
- 1 cup of salad
- 1/2 medium potato
- 1 tomato



2-3 SERVES OF LEAN MEAT OR PROTEIN FOODS

A serve could be:

- 100g of meat or chicken
- 100g of fish • 1 small can of tuna
- 2 large eggs • 1 cup beans or lentils



2 SERVES OF FRUIT

A serve could be:

- 1 piece of medium-sized fruit
- 2 small fruits (e.g. apricot, kiwifruit or mandarin)
- 4 dried apricots
- 1 cup of fruit pieces or canned fruit



LIMIT 'SOMETIMES' FOODS OR DRINKS

One serve is equal to:

- 1 tablespoon of butter
- 1 party pie
- 1 handful of chips
- 1 can soft drink
- 2-3 sweet biscuits
- 1/2 a chocolate bar

