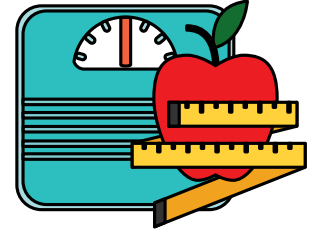


# Healthy plate and serving sizes



Achieving and maintaining a healthy weight and eating well can help us to keep active and manage health problems better.

As we age, the amount of kilojoules (a measure of energy) we need compared to when we are younger, may change. However, we still need a similar amount of nutrients, sometimes more.

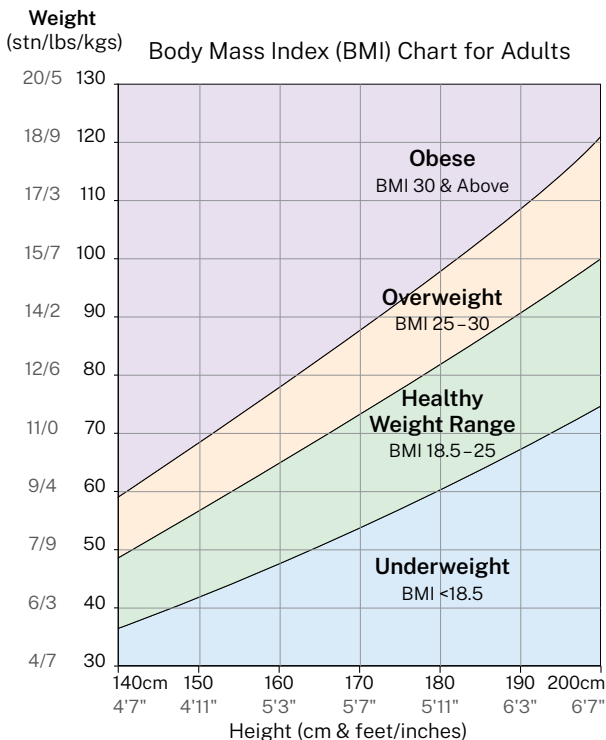
To maintain a healthy weight and preserve muscle mass, we should eat the recommended number of serves from the five food groups, stay active, and participate in muscle strengthening activities.

## Body Mass Index (BMI)

BMI is a calculation that you can use to work out if you are underweight, a healthy weight or above a healthy weight for your height. It is a useful tool, but keep in mind that it can be influenced by gender, age, ethnicity and body composition, so use it as a guide only. For example, people who are over 65 years may have better health if they carry a little extra weight and have a slightly higher BMI. If you are unsure about your recommended BMI, talk to your health professional.

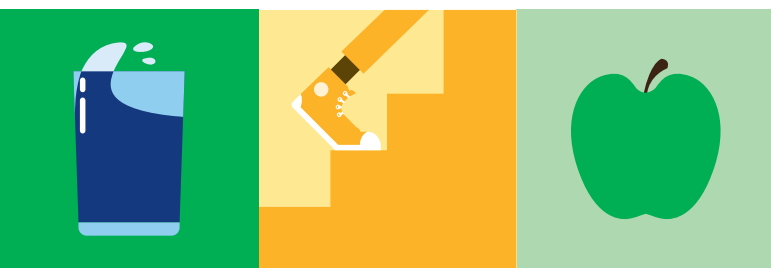
## The five food groups

The Australian Dietary Guidelines outline the food groups that we are encouraged to eat from every day. It is important for us to plan meals and snacks so that we eat a range of food from each of the food groups every day. It is also important to drink plenty of water throughout the day.



Food groups		
<b>Fruit</b>		Enjoy a variety of colours & types
<b>Vegetables and legumes/beans</b>		Enjoy a variety of colours & types
<b>Grain (cereal) foods</b>		Choose wholegrain and high-fibre varieties
<b>Milk, yoghurt, cheese and/or alternatives</b>		Choose mostly reduced fat
<b>Lean meat, poultry, fish, eggs, tofu, nuts and seeds, legumes/beans</b>		Choose lean meats. Remove visible fat. Choose unsalted legumes, nuts and seeds where available

Some of the content in this fact sheet is based on material provided by the National Health and Medical Research Council.



# Recommended servings

When choosing meals, it can be useful to understand what we should eat and how much.

## What is a standard serve?

The table below shows the number of servings from each of the five food groups recommended every day to meet our energy needs.

		Males		Females	
		51-70	70+	51-70	70+
Food group	Vegetables & legumes/beans	5.5	5	5	5
	Fruit	2	2	2	2
	Grain (cereal) foods	6	4.5	4	3
	Milk, yoghurt, cheese and/or alternatives	2.5	3.5	4	4
	Lean meat, poultry, fish, eggs, tofu, nuts and seeds, legumes/beans	2.5	2.5	2	2

### ★ Tip

The Australian Dietary Guidelines apply to all healthy Australians, as well as those with common diet related risk factors, such as being overweight. They don't apply to people who need special dietary advice for a medical condition. Speak to an Accredited Practising Dietitian for more information.

## Examples of a standard serve

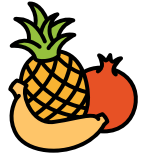
### Vegetables/legumes

- ½ cup cooked vegetables such as broccoli, pumpkin or frozen mixed vegetables
- ½ cup cooked, dried or canned beans, peas or lentils
- 1 cup (loosely packed) green leafy vegetables or raw salad vegetables
- ½ medium potato or other starchy vegetable (sweet potato or taro)



### Fruits

- 1 medium apple, banana, orange or pear
- 2 small apricots, kiwifruits or plums
- 1 cup fruit salad or canned fruit in natural juice (not syrup)



### Grains and cereals

- 1 slice bread or ½ medium bread roll
- ½ cup cooked rice, pasta, noodles, barley, polenta or quinoa
- ½ cup cooked porridge
- ⅔ cup cereal flakes
- ¼ cup muesli
- 1 small English muffin or scone



### Milk, yoghurt, cheese

- 1 cup (250mL) cow's milk (fresh or longlife/UHT)
- ¾ cup yoghurt
- 2 slices (40g) of cheese
- 1 cup (250mL) soy, almond, oat, rice or other cereal drink with at least 100mg added calcium per 100g



### Lean meat, poultry, fish, eggs, tofu, nuts and seeds, legumes/beans

- 65g cooked lean red meat such as beef, lamb, pork or kangaroo
- 80g cooked lean poultry such as chicken or turkey
- 100g cooked fish fillet or one small can of fish (90g)
- 2 large eggs
- 170g tofu
- 30g natural and unsalted nuts, seeds or nut butter/spread
- 1 cup (150g) cooked or canned legumes/beans (no added salt if available)



# A healthy plate

We can use the plate model to see if our meal is balanced.

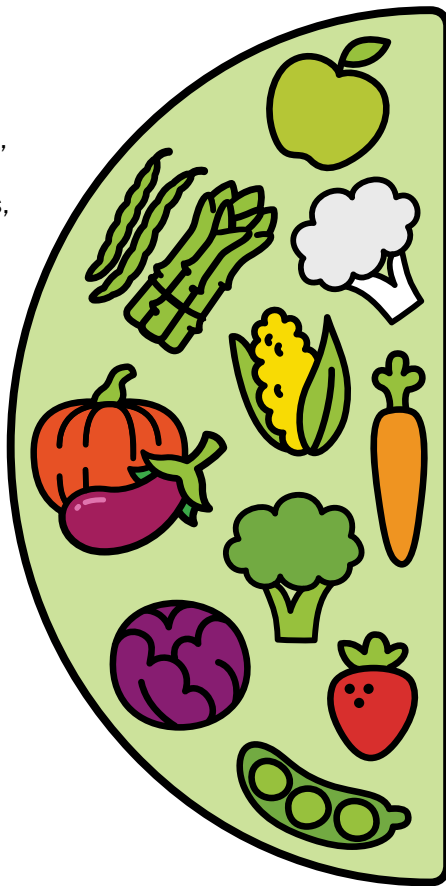
Ideally, our meals should be made up of half (50%) fruit and vegetables, quarter (25%) grains and cereals, and quarter (25%) lean meat, poultry, fish, eggs, tofu, nuts and seeds and legumes/beans.

## Tip

A bowl of curry or stir fry should include the same amount of the food groups as the plate model.

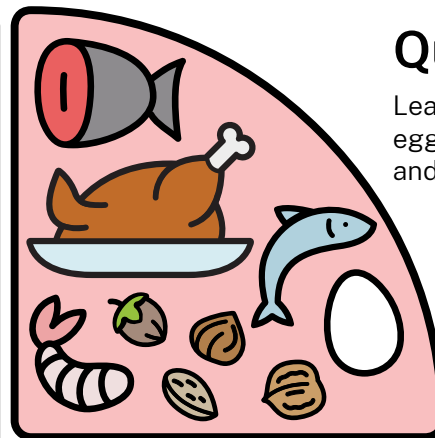
## Half plate

Colourful fruit and veggies. For example, broccoli, carrot, red cabbage, corn, beans, apples and berries



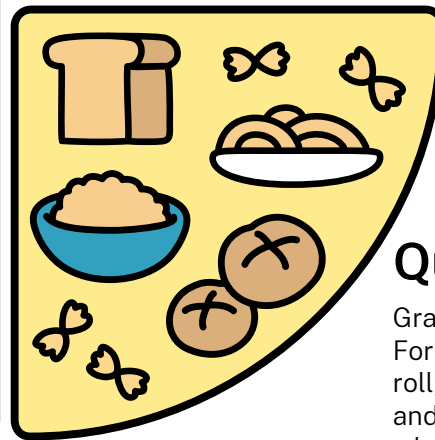
## Quarter plate

Lean meat, poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



## Quarter plate

Grains and cereals. For example, bread, bread roll, pasta, rice, quinoa and cereal. Preferably wholegrain varieties



## Tips to build a healthy plate:

- 1. Make half of your plate veggies**  
Vegetables are full of nutrients that support good health. Choose a range of different coloured vegetables. Think of all the colours in the rainbow!
- 2. Include wholegrains**  
Aim to make at least half of your grains wholegrains – these provide more nutrients, like fibre.
- 3. Add lean protein**  
Choose protein foods such as lean meat, poultry, fish, seafood, eggs, nuts, beans, or tofu.
- 4. Use healthy fats**  
Cook with healthy oils such as extra virgin olive oil, canola oil, or sunflower oil. Healthy oils can help veggies taste better and help us absorb more nutrients from salads and vegetables.
- 5. Try new foods**  
Keep your meals interesting by picking out new foods you've never tried before. You may find a new favourite! Trade fun, tasty and healthy recipes with friends or find them online.

# Sometimes foods and drinks

There are some foods and drinks that do not fit into any of the five food groups. These are referred to as 'discretionary foods and drinks' and should only be consumed occasionally and in small quantities.

- Discretionary foods and drinks are not necessary for healthy growth and development.
- They are often high in saturated fat, added sugars, salt, alcohol, and/or low in fibre. They can also be high in kilojoules.
- Many tend to have low levels of essential nutrients so are often referred to as 'energy-dense' but 'nutrient-poor' foods.
- Avoid pre-mixed drinks with added sugars. These are very high in kilojoules and sugar.
- Many wine glasses hold more than a standard drink. Avoid filling the glass to the top.
- Try low alcohol or alcohol free alternatives.



## Alcohol

Because of the physical changes that occur with ageing, alcohol can have a greater impact on us. We may be less tolerant to the effects of alcohol and it may not be broken down by our body as efficiently. It may take less alcohol for us to become intoxicated and this can increase our risk of falls and injury. In some cases, alcohol may interact negatively with some medications. If you are unsure, check with your health professional.

## What do the guidelines recommend?

To reduce the risk of harm from alcohol-related disease or injury, healthy men and women choosing to drink should:

- drink no more than **10 standard drinks** a week, and
- drink no more than **4 standard drinks** on any one day.

## Tips when drinking alcohol:

- Drink plenty of water to avoid dehydration.
- Alternate alcoholic drinks with non-alcoholic drinks.
- Try a wine spritzer with mineral or soda water instead of a full glass of wine.
- Avoid snacking on foods high in salt. Too much salt is unhealthy, and it can also increase the likelihood of having another drink.

## What does a standard drink look like?

Alcoholic drinks often contain more than one standard drink.

1		<b>Spirit nip:</b> 30mL high strength spirit 40% alcohol volume
1.5		<b>Pre-mix spirits:</b> 375mL full strength 5% alcohol volume
1.4		<b>Beer can:</b> 375mL full strength 4.6% alcohol volume
1.4		<b>Beer bottle:</b> 375mL full strength 4.6% alcohol volume
1.1		<b>Middy:</b> 285mL full strength 4.6% alcohol volume
1.6		<b>Schooner:</b> 425mL full strength 4.6% alcohol volume
1.5		<b>Glass of red wine:</b> 150mL bar serve 13.5% alcohol volume
1.4		<b>Glass of white wine:</b> 150mL bar serve 11.5% alcohol volume

These are only approximate numbers of standard drinks. Always read the container for the exact number of standard drinks.



Tip

More information about alcohol is available from [www.yourroom.health.nsw.gov.au](http://www.yourroom.health.nsw.gov.au)

# Sample meal plan

This is a sample meal plan. It is only an example of how males and females 70 years and over can meet the recommended serves of each food group.

Males 70 years and over have different recommended servings for some food groups compared to females 70 years and over. **This has been highlighted in blue.**

Males and females under the age of 70 need additional serves compared to males and females 70 years and over. **Refer to the recommended servings in this fact sheet for more information.**

The table shows the requirements for the average person aged 70 years and over. If you are more active or taller you may need additional serves.

**Serves for females 70+ years are in black text.**

**The extra or reduced serves for males are in blue text.**

Meal / food	Weight / serve size	Food group	Number of serves
<b>Breakfast</b>			
Natural muesli	¼ cup	Grains and cereals	1
Reduced fat milk	½ cup (125mL)	Milk/yoghurt/cheese/alternatives	0.5
Reduced fat Greek yoghurt	100g	Milk/yoghurt/cheese/alternatives	0.5
Banana	1 medium	Fruit	1
<b>Morning snack</b>			
Milky coffee	1 cup (250mL) milk	Milk/yoghurt/cheese/alternatives	1
<b>Lunch</b>			
Crispbreads	3 (35g)	Grains and cereals	1
<b>Bread instead of crispbreads</b>	<b>2 slices</b>	<b>Grains and cereals</b>	<b>2</b>
Boiled egg, sliced	1 large egg (60g)	Lean meat, poultry, fish, eggs, tofu, nuts and seeds, legumes/beans	0.5
<b>Extra egg</b>	<b>2 large eggs</b>	<b>Lean meat, poultry, fish, eggs, tofu, nuts and seeds, legumes/beans</b>	<b>1</b>
Cheese	1 slice (20g)	Milk/yoghurt/cheese/alternatives	0.5
<b>No cheese</b>	<b>0g</b>	<b>Milk/yoghurt/cheese/alternatives</b>	<b>0</b>
Salad vegetables (e.g. lettuce, tomato, cucumber, capsicum, avocado)	1 cup	Vegetables	1
Apple	1 medium	Fruit	1
<b>Afternoon snack</b>			
Vegetable sticks	1 cup carrot & celery sticks	Vegetables	2
<b>Dinner</b>			
Bolognese mince	100g cooked	Lean meat, poultry, fish, eggs, tofu, nuts and seeds, legumes/beans	1.5
Cheese	20g grated	Milk/yoghurt/cheese/alternatives	0.5
Green salad with tomato and cucumber	2 cups	Vegetables	2
Pasta	½ cup cooked	Grains and cereals	1
<b>Extra pasta</b>	<b>¾ cup cooked for males</b>	<b>Grains and cereals</b>	<b>1.5</b>
<b>Evening snack</b>			
Reduced fat yoghurt	200g pot	Milk/yoghurt/cheese/alternatives	1

Drink plenty of water throughout the day.

# My meal plan template

Meal / food	Weight / serve size	Food group	Number of serves
Breakfast			
Morning snack			
Lunch			
Afternoon snack			
Dinner			
Evening snack			

For one day, record the foods and drinks (type and amount) you consume. Refer to the recommended servings in this fact sheet to see how many serves from each of the five food groups you had.

## My daily totals

Add up how many serves you had from each of the five food groups.

Food group	Serves from this meal plan
Vegetables and legumes	
Fruit	
Grains and cereals	
Milk/yoghurt/cheese/alternatives	
Lean meat, poultry, fish, eggs, tofu, nuts and seeds, legumes/beans	



### Tip

Get more information and ideas on healthy eating from the Get Healthy Service:

[www.gethealthynsw.com.au](http://www.gethealthynsw.com.au)

Or talk to a Get Healthy Service Health Coach on **1300 806 258**