

nutrition fact sheet



Balanced Diet: What Does It Look Like?

Healthy eating is essential for everyone, no matter their age. However, for young adults, developing healthy eating habits is especially important as it lays the foundation for a lifetime of good health. What we eat and drink has a big impact on our general health and wellbeing and our risk of developing diet related diseases later in life. This fact sheet explores what a balanced diet looks like and highlights foods we should be including in our daily meals.

KEY MESSAGES

- The Australian Guide To Healthy Eating is an excellent tool to provide guidance of how much of each food group we should be consuming each day for a balanced diet.
- Each food group is rich in different nutrients and therefore it's important to have food from each food group everyday.
- The Healthy Plate Model can be used at meals to further help us align with food group portioning recommendations.

Dairy: Aim for 3 ½ servings of dairy per day. One serve of dairy is equal to 1 cup of milk, 2 slices of cheese or 1 tub of yoghurt.

Meat/Meat Alternatives: Aim for 2 ½ servings of meat/meat alternatives per day. One serving is equal to 65g of red meat, 80g of chicken, 100g of fish, 2 large eggs, 1 cup of legumes or 30g of nuts.

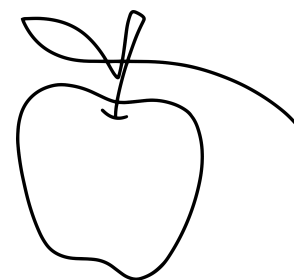
Grains: Aim between 6-7 servings of grains per day. One serve of grains is equal to 1 slice of bread, ½ cup cooked pasta or rice, ⅔ cup of cereal or 3 Vita-Weet biscuits.

The Five Food Groups

Vegetables: Aim for 5 servings of vegetables per day. One serve of vegetables is equal to ½ cup cooked vegetables, 1 cup of raw salad or ½ a medium potato.

Fruit: Aim for 2 servings of fruit per day. One serve of fruit is equal to 1 medium piece (orange, banana or apple), or 2 smaller pieces (kiwi fruit, apricots or plums).





The Healthy Plate Model

A main meal consists of three main components.
These include:

1. Protein
2. Vegetables
3. Carbohydrates



Protein

- Important for building muscle mass and maintaining a healthy immune system.
- Limit processed meat, choose lean cuts of meat, and remove the skin/fat.
 - e.g. lean meat, chicken, fish, eggs, legumes, tofu, etc.

Carbohydrates

- Important to provide energy for daily activities and exercise.
- Choose whole grain varieties or starchy vegetables.
 - e.g. bread, pasta, rice, potato, sweet potato, corn, etc.

Non-Starchy Vegetables

- Important to provide a variety of vitamins and minerals to support general health for growth and development, and immunity.
- Aim to include at least three types of vegetables with different colours.
 - e.g. lettuce, tomato, cucumber, capsicum, celery, carrot, spinach, broccoli, cauliflower, etc.

Conclusion

Consuming the recommended servings from each of the five food groups daily helps ensure we are providing our bodies with the proper nutrition needed for growth and development. The Healthy Plate Model is also a valuable tool for meals, helping us align with the Australian Guide To Healthy eating food group recommendations.

For more information, please scan the QR codes



[Eat For Health - Healthy Eating For Children](#)



[The Sydney Children's Hospital Network - Healthy Eating For Children](#)