

What should I eat in a day?

cook well
eat well

Eating a variety of foods each day is important for health and wellbeing. Outlined below are the 5 different food groups and the different foods you can eat to meet your daily needs.

Vegetables



5-6 serves

Each serve is:

- ½ cup cooked vegetables (broccoli, carrot, pumpkin, spinach)
- ½ cup dried or canned beans
- 1 cup salad greens
- ½ cup sweetcorn
- ½ potato, sweet potato, taro or cassava

Fruit



2 serves

- 1 banana, apple, orange or pear
- 2 small apricots, kiwi fruits or plums
- 1 cup diced or canned fruit

Protein



2.5-3 serves

- 80g chicken or turkey
- 65g beef, lamb, veal, pork, goat or kangaroo
- 100g fresh or canned fish
- 2 eggs
- 1 cup legumes (lentils, chickpeas, split peas or baked beans)
- 170g tofu
- 30g nuts, seeds, peanut or almond butter

Dairy*



2.5 serves

- 1 cup milk
- ½ cup evaporated milk
- 40g hard cheese (cheddar)
- ½ cup ricotta cheese
- Yoghurt
- 1 cup soy, rice or almond milk with added calcium

Grains



6 serves

- 1 slice bread
- ½ roll or flatbread
- ½ cup rice, pasta, noodles, polenta, bulgar or quinoa
- ½ cup cooked porridge
- ¼ cup muesli
- 1 crumpet, english muffin or scone

*Dietary requirement for people aged 19-50 years. Children and older adults have different requirements.

Source: <https://www.eatforhealth.gov.au/>