



## NUTRITION GUIDELINES 2/2023

We have an abundance of diets with their proposed benefits at our fingertips, but there are some basic nutritional guidelines that are good to know when formulating a healthy eating routine.

**The Australian Dietary Guidelines ( Nutrition Australia)** are based on scientific evidence about food and nutrition.(These guidelines apply to all healthy Australians with common health conditions. They do not apply to the frail elderly and people with special dietary needs)

There is no specific diet recommended for everybody, but the following guidelines provide advice on the types and amounts of food that we should consume for good health and to reduce our risk of diet related diseases.

### **Enjoy a wide variety of nutritious foods from these five groups every day:**

- **VEGETABLES:** Eat plenty of them including different types and colours
- **FRUIT:** Fresh fruit is best where possible
- **GRAINS:** Mostly wholemeal/wholegrain and/or high fibre varieties, such as breads, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley
- **LEAN MEATS AND VEGETABLE PROTEIN SOURCES :** Including poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans
- **DAIRY PRODUCTS OR THEIR ALTERNATIVES :** Including milks, yoghurt and cheese. Reduced fat varieties may be a good choice but are not suitable for children under the age of 2 years.

### **SOME OTHER TIPS/GUIDELINES**

- Choose mostly **whole foods or minimally-processed foods**. These are the best choices because they still have most of their original nutritional value and limited added fat, sugar and/or salt.



- **Foods in the five foods groups are considered ‘core’ foods as they should make up the core of your diet.** They can be eaten individually or combined to create meals, snacks and drinks.
- **Choose water as your main source of fluid**
- Include small amounts of unsaturated fat in your diet (**unsaturated fats can be referred to as healthy fats as they act to reduce artery clogging cholesterol levels.** Examples of unsaturated fats include olive oil, avocado and nut oils.

**DISCRETIONARY CHOICES** are foods and drinks that don’t fit into the five core food groups and are not an essential part of our diet – so their intake should be limited. These foods and drinks are high in kilojoules and saturated fats ( **saturated fats are found mainly in animal products and can increase artery clogging cholesterol levels**) They also may contain added sugars, salt and/or alcohol, and have very few nutrients (e.g., vitamins, minerals or fibre).

**Examples of discretionary choices include:**

- sweet biscuits, cakes and desserts
- processed meats and sausages
- ice-cream, confectionery and chocolate
- meat pies and other pastries
- commercial burgers, hot chips, and fried foods
- crisps and other fatty and/or salty snacks
- cream and butter
- sugar-sweetened cordials, soft drinks, fruit drinks and sports drinks
- alcoholic drinks
- fats, oils and spreads.

**Discretionary choices can be enjoyed occasionally as part of a balanced diet but should be consumed in small amounts.**

# Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.



Use small amounts



Only sometimes and in small amounts



The key to a balanced diet is to enjoy a variety of foods from the five core food groups every day and to limit your intake of foods and drinks that are high in saturated fat, sugar and salt.



## BALANCING ENERGY IN AND ENERGY OUT!

Energy is measured in kilojoules (kJ) or calories. The standard unit of measurement in Australia is kilojoules (kJ).

- To maintain body weight, aim for your energy intake to equal your energy output
- Energy needs for individuals will vary considerably depending on activity levels, body composition, state of health, age, weight and height.
- Energy (kJ) is provided by the protein, carbohydrate and fat in the foods that you eat and drink.

The below table illustrates estimated daily energy requirement (kJ) for a **sedentary** person

Age	Male (kJ)	Female (kJ)
12-15 years	8200-9900	7400-8200
16-18 years	10300-10900	8400-8500
19-30 years	10300*	8400^
31-50 years	9900*	8000^
<b>51-70 years</b>	<b>9100*</b>	<b>7600^</b>
Adults over 70 years	8300*	7200^

**ENERGY IN** is provided by the protein, carbohydrate and fat in the foods that you eat and drink

The amount of energy delivered by the nutrients in food is as follows:

Carbohydrates – 16.7kJ per gram

Protein – 16.7kJ per gram

Fat – 37.7kJ per gram

Alcohol – 29.3kJ per gram



Fat is the most concentrated source of energy, followed by protein, then carbohydrate. Alcohol also provides energy but is not considered a food as it does not provide the body with any extra nutrients – instead, consuming alcohol depletes the body of vitamins and minerals that it requires.

- (Source: National Health and Medical Research Council.)

**ENERGY OUT** refers to the number of kilojoules burnt up by the body in maintaining bodily functions (such as digestion, your heartbeat and breathing) and in being active. The level of energy expended is also affected by age, growth and development, and daily activity levels.

**KEY POINTS TO REMEMBER HERE!**

- Maintain your weight by eating a variety of foods from the core foods groups.
- Make sure you are getting the recommended serves of each food group for your gender and life stage.
- Check your portion sizes and find ways to keep active each day.

**The following table outlines recommended daily intakes of each food group.  
( standard serves)**

Adults (Age in years)	Women 19-50	Women 51-70	Boys 19-50	Boys 51-70
Vegetables and legumes	5	5	6	5.5
Fruit	2	2	2	2
Grains (cereal)	6	4	6	6
Lean meat, fish, poultry, eggs, nuts, seeds, legumes, beans	2.5	2	3	2.5
Milk, yoghurt, cheese and alternatives	2.5	4	2.5	2.5
Allowance for additional serves from any food group	0-2.5	0-2.5	0-3	0-2.5

## STANDARD SERVES

A standard serve of vegetables is about 75g (100–350kJ) or:



A standard serve of fruit is about 150g (350kJ) or:



A standard serve of grain is (500kJ) or:



A standard serve of lean meat, poultry, fish, eggs nuts, legumes is (500–600kJ):



A standard serve of milk, yoghurt, cheese is (500–600kJ)





## THE DIFFERENCE BETWEEN STANDARD SERVES, SERVING SIZES AND PORTIONS

A **standard serve** might be different to the amount of food you choose to eat at any given time – this is called a **portion**. For example, one standard serve of bread is 1 slice, but you might have 2 slices in a sandwich, so your portion of bread for that meal is 2 standard serves.

A standard serve is also not the same as the **serving size** listed on a packet of food. Those serving sizes are chosen by the food manufacturer and are often not based on any official guidelines or recommendations. For example, the Australian Dietary Guidelines describe a standard serve of breakfast cereal as 30g, but the serving size listed on a cereal packet could be 45g, which is 1.5 standard serves.

### REMEMBER – YOU ARE WHAT YOU EAT!

**Eating a healthy balanced diet will help to keep your body functioning, healthy, and free from disease.**