

Eating Well

What does a balanced diet look like?



Microboards
Australia

What does a balanced diet look like?

Balanced does not mean equal amounts of every food group.

Balanced means getting the right amounts of a variety of foods across the day.

Right amount means not too little, and not too much.



Eat a rainbow of vegetables



Red



Orange



Yellow



Green



Purple



White & brown

5 – 6 serves of vegetables a day –generally one serve is 75g



½ cup cooked



1 cup leafy salad



½ medium potato



1 medium tomato



½ cup beans

2 serves of fruit a day. One serve is:



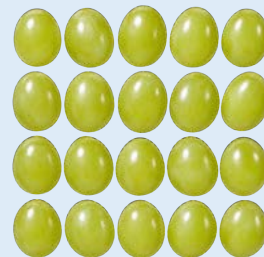
1 apple



1 banana



1 orange



20 grapes



$\frac{1}{2}$ large mango



1 cup melon

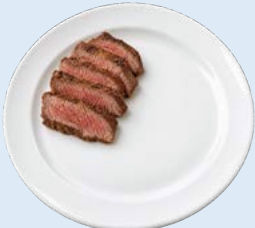


10 medium
strawberries



2 kiwifruit

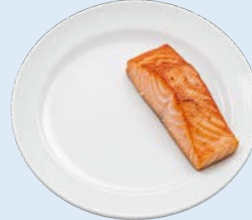
3 serves of protein a day. One serve is:



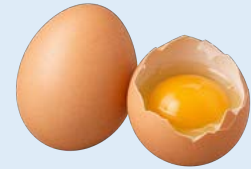
65g red meat



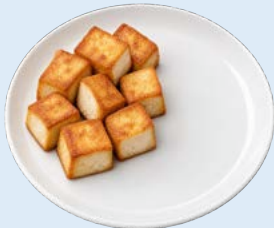
80g chicken



100g fish



2 large eggs



170g tofu



100g tempeh

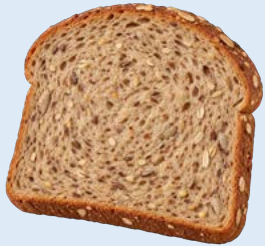


30g nuts/seeds



1 cup beans or lentils

3 – 6 serves of wholegrains a day



1 slice bread



½ cup cooked rice



½ cup cooked pasta



30g cereal

2 – 4 serves of dairy or calcium-fortified plant milk or foods



1 cup of dairy or
plant milk



200g yoghurt



40g hard cheese



120g ricotta

2 – 3 serves of healthy fat a day



1 and ½ teaspoons
olive oil



10g margarine



50g avocado



2 teaspoons nut butter

A balanced meal

As a guide, build most meals around vegetables, then add lean protein and wholegrain carbohydrate:

- $\frac{1}{2}$ plate of vegetables
- $\frac{1}{4}$ plate protein
- $\frac{1}{4}$ plate of wholegrain



How can we compare between different foods?

Use food labels to know what is in each food and to compare products.

Check per serve and per 100 g

Labels usually show protein, fat, saturated fat, and carbohydrate.

Compare similar products to support an informed choice.

NUTRITION INFORMATION

Servings per package: 4

Serving size: 50 g

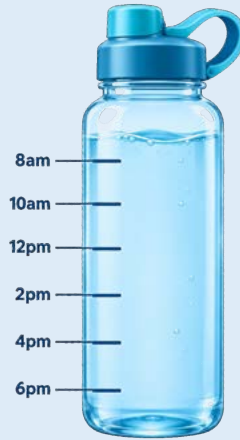
	Average Quantity per Serving	Average Quantity per 100 g
ENERGY	500 kJ	1000 kJ
Protein	4.0 g	8.0 g
Fat, total	5.0 g	10.0 g
– saturated	1.5 g	3.0 g
Carbohydrate	18.0 g	36.0 g
– sugars	3.0 g	6.0 g
Dietary fibre	2.5 g	5.0 g
Sodium	150 mg	300 mg

Use the per 100 g column to compare similar foods.

Most people need between 1.5 – 3 litres of water a day



Water



Marked water bottles



☐	250ml
☐	250ml
☐	250ml
☐	250ml
☐	250ml
☐	250ml
☐	250ml

Checklist



Measure water
in bottles

A balanced diet

5 – 6 serves of vegetables

2 serves of fruit

3 serves of protein

3 – 6 serves of wholegrains

2 – 4 serves of dairy or calcium fortified
plant milk or foods

2 – 3 serves of healthy fats

About 2 litres of water

