

What is a serve?



Information for patients and carers

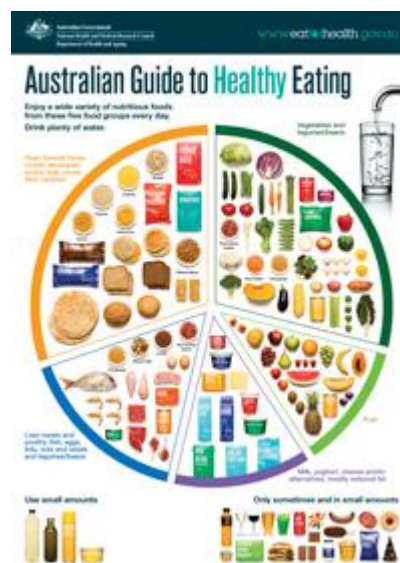
Summary points to remember

- A balanced diet includes foods from all five food groups, to ensure adequate amounts of the various nutrients, vitamins and minerals each group provides.
- Water is the fluid of choice due to contributing no energy and assisting with digestion
- Limiting excessive consumption of foods which sit outside these groups (high in fat, refined sugar and salt) is important to maintain optimal health long-term.

What are the five food groups?

Each day it is important to include a variety of foods in your diet. Choosing foods from the five food groups (Australian Guide to Healthy Eating) is important for maintaining good health due to the range of nutrients, fibre, vitamins & minerals they provide. The five food groups consist of

- Fruit
- Vegetables
- Cereals & grains
- Lean meats & alternatives
- Dairy



How many serves of each food group do I need?

	19-50 years		51-70 years		70+ years	
	Male	Female	Male	Female	Male	Female
Fruit	2	2	2	2	2	2
Vegetables	6	5	5 ½	5	5	5
Cereals & grains	6	6	6	4	4 ½	3
Lean meats & alternatives	3	2 ½	2 ½	2	2 ½	2
Dairy	2 ½	2 ½	2 ½	4	3 ½	4

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What is a serve of fruit?

Fruit provides us with a number of valuable nutrients including Vitamin C, Folate, fibre, magnesium and natural sugars. It is recommended to choose fresh fruit or tinned fruit in natural juices only.

One serve is equal to:

- 1 medium sized piece (~150g) of fruit such as an apple, banana or orange
- 2-3 pieces of smaller fruits such as apricots or plums
- 1 cup diced fruit, berries or grapes
- 1½ table spoons sultanas or 4 dried apricots
- 125mL (1/2 cup) unsweetened juice – up to once a day, however whole fruit is preferable to juice



What is a serve of vegetables?

Aiming for a minimum of 5 serves of vegetables per day is a general rule to follow, while choosing a variety of colours at each eating occasion is also important. Vegetables provide our bodies with Vitamin A, Vitamin C, iron, folate, fibre and complex carbohydrate.

One serve is equal to:

- ½ cup cooked vegetable
- 1 cup of salad
- 1 cup vegetable soup



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What is a serve of cereals & grains?

When choosing cereals & grains it is important to aim for wholegrain options due to their higher content of B vitamins, folate, iron, zinc, magnesium, fibre, complex carbohydrate and protein.

It is recommended to spread your intake of these foods across the day and aim for 1-2 serves at each meal time.

One serve is equal to:

- 1 slice wholegrain bread or 2 Ryvita crisp breads
- 1/2 large roll or 1/2 flat bread/pita
- 40g high fibre cereal
- 1/2 cup cooked porridge
- 1/2 cup cooked rice/pasta/noodles/quinoa/barley/semolina/polenta/buck wheat
- 1 crumpet or English muffin
- 1/4 cup dense muesli
- 2/3 cup wheat cereal flakes



What is a serve of lean meats & alternatives?

Lean meats & alternatives provide our body with protein, fat, iron, zinc and Vitamin B12.

When choosing meat, it is important to trim visible fat, remove skin and cook without extra fat/oil if possible. You should aim to include red meat no more than three times per week and fish at least twice per week.

There are plant-based alternatives to meat which provide similar nutrients, these are particularly important for vegetarians & vegans to include on a daily basis.

One serve is equal to:

- 90-100g raw weight (65g cooked) of lean red meat (beef, veal, pork, kangaroo etc.)
- 100g raw weight (80g cooked) poultry
- 115g raw weight of fish (100g cooked) or one small can of fish
- 2 eggs
- 1 cup/150g cooked, dried or canned beans/lentils/chickpeas/split peas
- 30g nuts or seeds or peanut/almond butter or tahini (or other nut/seed paste)
- 170g tofu



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Note: processed meats such as sausages, salami, mettwurst, bacon and ham are not part of this group. They are classified as extras as they are high in saturated fat and/or salt



What is a serve of dairy?

Dairy provides us with protein, fat, calcium (to keep our bones strong) and zinc. As we age we are recommended to consume increased serves to assist in preventing osteoporosis.

One serve is equal to:

- 250ml cow's milk or plant-based milk (fortified with calcium, at least 100mg per 100ml)
- 1/2 cup evaporated milk
- 200g tub yoghurt (avoid those with added sugar)
- 40g/2 slices cheese (aim for cheeses with less than 10% fat)
- 1/2 cup ricotta cheese
- 250ml custard



Consider choosing low fat dairy options to reduce saturated fat intake and overall energy, particularly if you have a history of heart disease or diabetes.

What should I drink?

Water should be your first choice when it comes to fluid, it ensures your body is hydrated and helps with digestion & concentration levels.

You should aim for approximately 8 glasses (2 litres) per day, unless your doctor has prescribed a different volume.



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What about foods which do not fit into the five food groups?

A number of foods do not fit into the five food groups, this is because they contain large amounts of saturated fat, refined sugar, salt and/or alcohol.

While these foods are important in regards to enjoyment and social aspects of eating, consuming excessive amounts can lead to development of a number of chronic conditions such as high blood pressure, high cholesterol and Type 2 Diabetes.

These foods should be limited to only a couple of times per week, but intake of them could also vary depending on your goals and lifestyle.

One serve is:

- 1 ½ - 2 standard alcoholic drinks
- 1 can soft drink
- 1 medium piece of cake or bun, or a small piece of rich cake or pastry
- 2-3 sweet biscuits or ½ chocolate bar (30g)
- 30g potato crisps
- 2 scoops of ice-cream or 2tbsp cream
- 1/3 of a meat pie or pastie (1 full one = 3 serves)
- 12 hot chips
- 2 slices of processed meats: salami/mettwurst
- 2 thin sausages
- 5-6 lollies



References

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

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Contact

Patient / practitioner notes

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