

# How to get more from your food

The Australian Guide to Healthy Eating - here - shows us which foods the body needs to function well every day.

- Wholegrains – gives us fibre for a healthy gut and energy for our body and brain.
- Fruit and vegetables – loaded with vitamins and fibre.
- Protein foods – for healthy muscles and cells.
- Dairy and alternatives – for strong bones.

## Recommended daily intakes

Adult	Vegetables and legumes	Fruit	Grains (cereal)	Lean meat, fish, poultry, eggs, nuts, seeds, legumes, beans	Milk, yoghurt, cheese & alternatives	Allowance for additional serves from any food group*
Women 19-50 years	5	2	6	2.5	2.5	0-2.5
Men 19-50 years	6	2	6	3	2.5	0-3

## What is a serve?

### VEGETABLES



**1 cup**  
salad vegetables



**1/2 cup**  
cooked vegetables/beans/lentils

### FRUITS

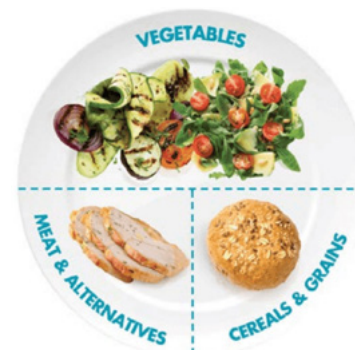


**1 medium piece**  
such as a banana or apple

## Tips to eat more fruit and vegetables

One of the easiest ways to make your meals more balanced is to eat more fruit and vegetables. Try these tips:

- Bulk up dishes with beans, lentils or whole grains.
- Snack on fruit or vegie sticks with hummus.
- Find meat-free alternatives to foods you love – check out the recipe for Cauliflower Steak.
- Fill half your plate with vegetables, one quarter with meat and alternatives and the last quarter with cereals and grains.



## Tips on serving sizes

- Tuning in to your body's signals of hunger and fullness will help you eat the right amount for you.
- Practice mindful eating – eat slowly and without distractions such as the TV or phone.
- Save leftovers for lunch the next day.

## Cut back on salt

Our bodies need some salt to function, but too much salt can lead to high blood pressure, heart disease and stroke.

## Tips to cut back on salt

- Use herbs and spices instead of salt.
- Choose “reduced-salt” or “no-added-salt” when buying pre-packaged food.
- Check pre-packaged food labels – look at the per 100g column and try to choose products with less than 120mg sodium.