

EATING POSITIVE

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Queensland
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A BALANCED DIET

To achieve a balanced diet to promote good health, it is recommended that you consume the following quantities of food **each day**. These amounts represent the **minimum** that will meet all of your vitamin and mineral requirements for the day.

Food group	Number of serves <i>each day</i>	What is a serve?
BREADS & CEREALS	6	1 slice of bread or ½ breadroll or ½ cup of cooked pasta/rice/noodles or ½ cup of cereal, or 1½ Weet-Bix or 2 or 3 plain or savoury biscuits
FRUIT	2	1 piece of fresh fruit (150g) or 1 cup of tinned fruit or 2 tablespoons of dried fruit or ½ glass of 100% fruit juice
VEGETABLES	5	½ cup of cooked vegetables (tinned, frozen or fresh) or 1 cup of salad vegetables or 1 small potato or ½ cup of cooked legumes (eg baked beans, chickpeas, red kidney beans, etc)
DAIRY	3	1 cup of milk (250ml) or 2 slices of cheese (40g) or 1 cup of custard or 1 small carton of yoghurt (200g)
MEAT or alternatives	2	65g–100g of lean beef, pork, veal, lamb or chicken (eg the size of the palm of your hand) or 90g fish or 40g oysters or 75g prawns or 1 large egg or 2 small eggs or ½ cup of cooked legumes (eg baked beans, soy beans, kidney beans, or 3-bean mix) or 1 cup of soy-based products or 1/3 of a cup of nuts or ¼ cup of seeds
FATS	4	1 teaspoon of margarine or polyunsaturated or mono-saturated oil (eg a thin scrape on a slice of bread) or 1 teaspoon of mayonnaise or 2 tablespoons of avocado, or peanut butter or 1 tablespoon of fat-reduced (18%) cream or 1 dessertspoon of any nuts