

## Serving size and portions

### Teacher Information

#### What is a “serve”?

In the context of the *Australian Guide to Healthy Eating*, a serve is a set amount of a specific food within a food group. The serve size should be used along with the recommended number of ‘serves per day’ to work out the total daily amount of food required by individuals from each of the Five Food Groups.

#### What is a “portion size”?

Portion size is the amount that individuals actually eat. If individuals eat larger portions than the suggested serve size they will need to eat that food group less often, whilst individuals who eat less than the suggested serve size will need to eat it more frequently.

#### Age and number of serves of Five Food Groups

Food group	Serves needed by children aged:
Vegetables and legumes/beans	2-3 years: 2 ½ serves per day
	4-8 years: 4 ½ serves per day
	9-11 years: 5 serves per day
	12+ years: 5 - 5 ½ serves per day

Food group	Serves needed by children aged:
Fruit	2-3 years: 1 serve per day
	4-8 years: 1 ½ serves per day
	9+ years: 2 serves per day

Food group	Serves needed by children aged:
Grain (cereal) foods	2-8 years: 4 serves per day
	9-11 years: 4 - 5 serves per day
	12+ years: 5 - 7 serves per day

Food group	Serves needed by children aged:
Lean meats and poultry	2-3 years: 1 serve per day
	4-8 years: 1 ½ serves per day
	9+ years: 2 ½ serves per day

Food group	Serves needed by children aged:
Milk, yoghurt, cheese and/or alternatives	2-3 years: 1 ½ serves per day
	4-8 years: 1 ½ - 2 serves per day
	9-11 years: 2 ½ - 3 serves per day
	12+ years: 3 ½ serves per day

### What about unsaturated fats?

Small amounts of unsaturated fat spreads and oils can be included in a healthy diet.

### What is a 'small amount'?

Healthy 'small amount' of unsaturated fats varies with energy requirements. One teaspoon (5g) per day is sufficient for children 2-3 years old, increasing to 4 teaspoons (20g) for adolescents 14-18 years old.

### Notes:

1. The number of serves specified for age meets nutrient and energy needs of children of average height with sedentary to moderate activity levels. Taller more active children may need more.
2. When number of serves is expressed as a range, the higher number is for boys. The only exception is higher serves of the milk group for girls aged 9-11 years.

# SERVE SIZES



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

1/2 cup	cooked green or orange vegetables (for example, broccoli, spinach, carrots or pumpkin)
1/2 cup	cooked, dried or canned beans, peas or lentils*
1 cup	green leafy or raw salad vegetables
1/2 cup	sweet corn
1/2 medium	potato or other starchy vegetables (sweet potato, taro or cassava)
1 medium	tomato

\*Preferably with no added salt

Vegetables and legumes/beans



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

1 medium	apple, banana, orange or pear
2 small	apricots, kiwi fruits or plums
1 cup	diced or canned fruit (with no added sugar)

Or only occasionally:

125ml (1/2 cup)	fruit juice (with no added sugar)
30g	dried fruit (for example, 4 dried apricot halves, 1 1/2 tablespoons of sultanas)

Fruit



A standard serve (500kJ) is:

1 slice (40g)	bread
1/2 medium (40g)	roll or flat bread
1/2 cup (75-120g)	cooked rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulgur or quinoa
1/2 cup (120g)	cooked porridge
2/3 cup (30g)	wheat cereal flakes
1/4 cup (30g)	muesli
3 (35g)	crispbreads
1 (60g)	crumpet
1 small (35g)	English muffin or scone

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



A standard serve (500-600kJ) is:

65g	cooked lean meats such as beef, lamb, veal, pork, goat or kangaroo (about 90-100g raw)*
80g	cooked lean poultry such as chicken or turkey (100g raw)
100g	cooked fish fillet (about 115g raw weight) or one small can of fish eggs
2 large (120g)	cooked or canned legumes/beans such as lentils, chick peas or split peas (preferably with no added salt)
1 cup (150g)	tofu
170g	nuts, seeds, peanut or almond butter or tahini or other nut or seed paste (no added salt)
30g	

\*weekly limit of 455g

Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans



A standard serve (500-600kJ) is:

1 cup (250ml)	fresh, UHT long life, reconstituted powdered milk or buttermilk
1/2 cup (120ml)	evaporated milk
2 slices (40g)	or 4 x 3 x 2cm cube (40g) of hard cheese, such as cheddar
1/2 cup (120g)	ricotta cheese
1/4 cup (200g)	yoghurt
1 cup (250ml)	soy, rice or other cereal drink with at least 100mg of added calcium per 100ml

Milk, yoghurt, cheese and/or alternatives, mostly reduced fat