

What does a whole day of eating look like?

For people 65 years and over

If you are not sure what to eat across a day, the five food groups may be helpful. Aim to eat a few different foods from each food group each day. For individualised advice, please see an Accredited Practising Dietitian.

Food group and recommended serves	Examples of one serve
Grain (cereal) foods At least 3 serves	1 slice of bread or ½ medium bread roll ⅔ cup breakfast cereal ½ cup cooked porridge ½ cup cooked rice, pasta or noodles 3 crackers or crispbread 1 crumpet, English muffin or small plain scone
Vegetables 5 serves	½ cup cooked vegetables ½ medium potato 1 cup of raw salad vegetables ½ cup cooked, dried or canned beans, peas or lentils (no added salt)
Fruit 2 serves	1 medium fruit (e.g. apple, orange, banana or pear) 1–2 small fruits (e.g. apricots, plums, kiwi fruit) 1 cup stewed or canned fruit (no added sugar) 30 grams dried fruit (e.g. 1 ½ tablespoons of sultanas, 4 dried apricot halves) ½ cup fruit juice (no added sugar)





Food group and recommended serves	Examples of one serve
Milk, yoghurt, cheese or alternatives 3 – 4 serves	1 cup milk or soy milk fortified with calcium 2 slices processed cheese or 40 grams block cheese or ² / ₃ cup grated cheese ³ / ₄ cup or 200 grams of yoghurt 2 tablespoons of milk powder
Lean meat and alternatives At least 2 serves	65 grams cooked red meat (90–100 grams raw weight) 80 grams cooked chicken (100 grams raw weight) 100 grams cooked fish (115 grams raw weight) 2 large eggs 1 cup (150 grams) cooked or canned legumes/beans (e.g. lentils, chickpeas, split peas, baked beans) 30 grams nuts, seeds or nut/seed pastes (e.g. peanut butter) 170 grams tofu

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