

A healthy plate

Vegetables
and fruits



Wholegrains



Protein
foods

Dairy
foods



Nutrition
Australia

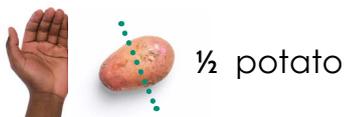
migrant resource centre
tasmania

What is a healthy serve for an adult?

Eating a balanced diet which includes a variety of fruits, vegetables, wholegrains, protein and dairy foods can support your health and reduce your risk of disease.

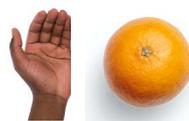
Vegetables 5 serves each day

1 serve =



Fruit 2 serves each day

1 serve =



1 orange



1 cup tinned fruit or
chopped fruit

Wholegrains 5 to 6 serves each day

1 serve =



Protein foods 2.5 to 3 serves each day

1 serve =



Dairy foods 2.5 serves each day

1 serve =



1/2 cup yoghurt



small piece of cheese

Use small amounts

1 serve =



1 tablespoon olive oil



small handful of nuts

Limit foods
high in added salt,
sugar and saturated fat

