

## Healthy eating made easy: Putting it all together

Now that we've covered all the food groups I need to give you an easy way to put it all together! This week we'll go over the info women aged 19 to 50 will need. There are just a couple of changes for women 51 to 70 and 70+ which I will include.

### Serving Sizes:

For meat, fish and poultry the serves are generally in grams. This isn't usually too hard to work out because generally these things are sold by weight. A serve of red meat for example is 100g raw, so if you buy 500g it will give you 5 serves. A small can of tuna is about 1 serve of fish. So if you had 1 small can of tuna for lunch and 1 ½ serves of red meat for dinner that's that food group covered.

A serve of nuts or seeds is 30g. 30g of nuts is about one hand full and 30g of seeds is about 2 tablespoons.

For vegies, legumes, dairy and some fruits the serves are in half cups or cups. Below are a few things that are around the same size as a half a cup. If you picture those things as you serve up your meals, you won't go too far wrong. A little bit either way won't make too much difference, just be as close as you can.

The table below gives you the number of serves per day for each of the 5 groups for women.

Food Group	What is a serve	Serves per day
Fruit	<ul style="list-style-type: none"><li>• 1 medium apple, banana, orange or pear</li><li>• 2 small apricots, kiwi fruits or plums</li><li>• 1 cup diced or canned fruit (no added sugar)</li><li>• 125ml (½ cup) fruit juice (no added sugar)</li><li>• 30g dried fruit (example, 4 dried apricot halves, 1½ tablespoons of sultanas)</li></ul>	<ul style="list-style-type: none"><li>• All women over 19 yrs 2 serves</li></ul>
Grains (Cereals)	<ul style="list-style-type: none"><li>• 1 slice (40g) bread</li><li>• ½ medium (40g) roll or flat bread</li><li>• ½ cup (75-120g) cooked rice, pasta, noodles, barley, buckwheat, semolina,</li></ul>	<ul style="list-style-type: none"><li>• 19 to 50 yrs 6 serves per day</li><li>• 51 to 70 yrs 4 serves</li><li>• 70+ yrs 3 serves</li><li>• Pregnant women 8 ½ serves</li><li>• Lactating women 9 serves</li></ul>

	<p>polenta, bulgur or quinoa</p> <ul style="list-style-type: none"> <li>• ½ cup (120g) cooked porridge</li> <li>• ⅔ cup (30g) wheat cereal flakes</li> <li>• ¼ cup (30g) muesli</li> <li>• 3 (35g) crispbreads</li> <li>• 1 (60g) crumpet</li> <li>• 1 small (35g) English muffin or scone</li> </ul>	
Lean meat, poultry, fish, eggs, tofu, nuts, seeds and legumes/beans	<ul style="list-style-type: none"> <li>• 65g cooked lean red meats such as beef, lamb, veal, pork, goat or kangaroo (about 90-100g raw)</li> <li>• 80g cooked lean poultry such as chicken or turkey (100g raw)</li> <li>• 100g cooked fish fillet (about 115g raw) or one small can of fish</li> <li>• 2 large (120g) eggs</li> <li>• 1 cup (150g) cooked or canned legumes/beans such as lentils, chick peas or split peas (preferably with no added salt)</li> <li>• 170g tofu</li> <li>• 30g nuts, seeds, peanut or almond butter or tahini or other nut or seed paste (no added salt)*</li> </ul>	<ul style="list-style-type: none"> <li>• 19 to 50yrs 2 ½ serves</li> <li>• 51+ 2 serves</li> <li>• Pregnant women 3 ½ serves</li> <li>• Lactating women 2 ½ serves</li> </ul>
Milk, yoghurt, cheese and their alternatives (mostly reduced fat)	<ul style="list-style-type: none"> <li>• 1 cup (250ml) fresh, UHT long life, reconstituted powdered milk or buttermilk</li> </ul>	<ul style="list-style-type: none"> <li>• 19 to 50 yrs 2 ½ serves</li> <li>• 51+ 4 serves</li> <li>• Pregnant women 2 ½ serves</li> </ul>

	<ul style="list-style-type: none"> <li>• ½ cup (120ml) evaporated milk</li> <li>• 2 slices (40g) or 4 x 3 x 2cm cube (40g) of hard cheese, such as cheddar</li> <li>• ½ cup (120g) ricotta cheese</li> <li>• ¾ cup (200g) yoghurt</li> <li>• 1 cup (250ml) soy, rice or other cereal drink with at least 100mg of added calcium per 100ml</li> </ul>	<ul style="list-style-type: none"> <li>• Lactating women 2 ½ serves</li> </ul>
Vegetables and Legumes/beans	<ul style="list-style-type: none"> <li>• ½ cup cooked dried or canned beans, peas or lentils (no added salt if possible)</li> <li>• 1 cup green leafy or raw salad vegetables</li> <li>• ½ cup sweet corn</li> <li>• ½ medium potato, sweet potato, taro or cassava or other starchy vegetables</li> <li>• 1 medium tomato</li> </ul>	<ul style="list-style-type: none"> <li>• 19+ 5 serves</li> <li>• Pregnant women 5 serves</li> <li>• Lactating women 7 ½ serves</li> </ul>

That gives you an easy way to construct a healthy eating plan that suits you! To get results though, you'll need to be consistent. This should be part of a long term lifestyle change.