

DIET AND NUTRITION

Want to feel better, look better, enjoy life more and live longer?

By eating the recommended amounts from the Five Food Groups and limiting foods that are high in saturated fat, added sugars and salt, you get enough of the nutrients essential for good health. This approach may reduce your risk of chronic diseases such as heart disease, type 2 diabetes, obesity and some cancers.

A healthy balanced diet can be achieved by following the Australian Dietary Guidelines:

1. Be physically active and choose the right amounts of nutritious foods and drinks to meet your energy needs
2. Drink plenty of water and enjoy a wide variety of nutritious foods from the Five Food Groups every day:
 - Plenty of vegetables and legumes
 - Fruit
 - Grains (mostly wholegrain)
 - Lean meats, poultry, fish, eggs, nuts, tofu
 - Dairy (mostly reduced fat)
3. Limit intake of foods containing saturated fat, added sugars, added salt and alcohol
4. Care for your food, preparing and storing it safely.



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Answer the following questions in relation to your usual eating habits (please circle).

	SCORE		
	2	1	0
<p>How many serves of vegetables and legumes/ beans do you have daily? 1 serve = 1 cup salad, ½ cup cooked vegetables, ½ medium potato, 1 medium tomato, ½ cup cooked beans or peas or lentils</p>	5 - 6	3 - 4	0 - 2
<p>How many serves of fruit do you have daily? 1 serve = 1 medium piece, 2 small pieces, 1 cup diced or canned fruit (no added sugar)</p>	2	1 or 3-4	0 or more than 4
<p>How many serves of grain (cereal) foods do you eat daily? 1 serve = 1 slice of bread, ½ medium roll, 2/3 cup wheat cereal flakes, ½ cup cooked rice or pasta or noodles, ¼ cup muesli</p>	4 - 6	2 - 3	0 - 1
<p>Do you choose wholegrain and/or high cereal fibre foods? E.g. High fibre breakfast cereal, brown or multi-grain bread</p>	Yes	Sometimes	No
<p>How many serves of milk, cheese and yogurt do you have daily? 1 serve = 1 cup (250mL) milk, 2 slices (40g), cheese, 200g yogurt</p>	2½ - 4	1 - 2	0 or more than 4
<p>Do you choose low-fat dairy products?</p>	Yes	Sometimes	No
<p>How many serves of lean meat and poultry, fish, eggs and alternatives do you have daily? 1 serve = 65g cooked red meat, 80g cooked poultry, 100g cooked fish fillet, 2 large eggs, 1 cup cooked legumes/beans, 170g tofu, 30g nuts or seeds</p>	2 - 3	1	0 or more than 3
<p>Do you have oily fish (including tinned or frozen) 2-3 times per week? E.g. tuna, salmon, sardines, mackerel or omega 3 supplements</p>	Yes	Sometimes	No

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	SCORE		
	2	1	0
How many serves of vegetables and Do you limit your intake of foods high in salt (sodium)? E.g. choose low or reduced-salt packaged food, limit processed meats, potato chips, savoury snacks, processed food	Yes	Sometimes	No
Do you limit your intake of foods high in saturated fat? E.g. remove skin from chicken and fat from meat, limit biscuits, cakes, pastries, pies, commercial burgers, processed meats, pizza, fried foods, potato chips, savoury snacks	Yes	Sometimes	No
Do you limit your intake of foods and drinks containing added sugars? E.g. confectionary, sugar-sweetened soft drinks and cordials, fruit drinks, energy and sport drinks	Yes	Yes	No
How much water do you drink per day? E.g. 1 Glass = 250mL	More than 2L	1 - 2L	Less than 1L
How many days per week do you skip breakfast?	0 - 1	2 - 3	More than 3

TOTAL SCORE	RISK	INITIAL	REVIEW
21 - 26	Low		
13 - 20	Moderate		
0 - 12	High		