



Food Pyramid

The food pyramid helps kids to receive all the nutrients growing children need each day from the five food groups.

These are:

- Fruit
- Vegetables
- Protein - this includes lean meat, fish, poultry, eggs, nuts, legumes
- Grains - this includes bread, cereals, rice, pasta and noodles
- Dairy - this includes milk, yoghurt, and cheese

You'll need to eat a number of serves from each group depending on your age and how active you are. Growing children need the following number of serves from each group:

| | Grains | Vegetables | Fruit | Dairy | Protein |
|-----------------------|--------|------------|-------|-------|-----------|
| Children 4-7 yrs | 3 - 4 | 4 | 2 | 3 | 1/2-1 |
| Children 8-11 yrs | 4 - 6 | 4 - 5 | 1 - 2 | 3 | 1 - 1 1/2 |
| Adolescents 12-18 yrs | 4 - 7 | 5 - 9 | 3 - 4 | 3 - 5 | 1 - 2 |

Sample serves from the Australian Guide to Healthy Eating.

How big is one serve?

Fruit:

- 1 medium piece - such as an apple, banana or pear
- 2 small pieces - such as a kiwi fruit, passionfruit, plum
- 1 1/2 tablespoons of sultanas, raisins or currants
- 4 pieces of dried fruit - such as apricots, pears or figs
- 1 cup of tinned fruit

Vegetables:

- 1 potato
- 1/2 cup (75g) of cooked vegetables
- 1 cup of salad vegetables
- 1/2 cup (75g) of cooked legumes - dried beans, peas or lentils

Protein:

- 65-100g cooked meat or chicken
- 80-100g of fish fillets
- 2 small eggs

- 1/2 cup of cooked dried or tinned beans - such as lentils or red kidney beans
- 1/3 cup of nuts - such as almonds, cashews or peanuts
- 1/4 cup of seeds - such as sunflower or sesame

Grains:

- 2 slices of bread
- 1 medium bread roll
- 1 cup of cooked pasta, noodles or rice
- 1 1/3 cup breakfast cereal
- 1/2 cup muesli

Dairy:

- 1 cup of milk
- 200g of yoghurt
- 40g of cheese
- 1/2 cup evaporated milk

While there are plenty of foods that don't fall clearly into one of these categories - chips, chocolate - it's best to keep these 'extras' to minimum as they are usually high in empty calories, salt, sugars and fats.