

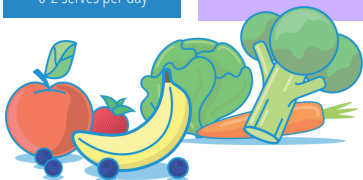
# CHALLENGE: FOOD GROUPS

Name: \_\_\_\_\_



TICK HOW MANY SERVES OF EACH GROUP YOU EAT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FRUIT	○○	○○	○○○	○○	○○	○○	○○
VEGETABLES	○○○ ○○	○○○ ○○	○○○ ○○	○○○ ○○	○○○ ○○	○○○ ○○	○○○ ○○
GRAINS	○○○ ○○	○○○ ○○	○○○ ○○	○○○ ○○	○○○ ○○	○○○ ○○	○○○ ○○
DAIRY and alternatives	○○○	○○○	○○○	○○○	○○○	○○○	○○○
MEAT and alternatives	○○	○○	○○	○○	○○	○○	○○
EXTRAS 0-2 serves per day	○○	○○	○○	○○	○○	○○	○○



Can you tick EVERY box at least one day this week?

*What's a serve?*

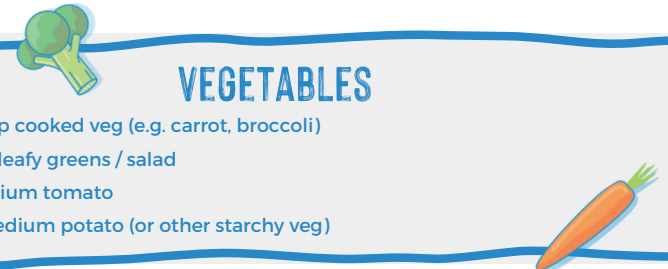
Visit: <https://www.eatforhealth.gov.au/food-essentials/how-much-do-we-need-each-day/serve-sizes>

# WHAT'S A SERVE?



## FRUIT

- 1 medium apple
- 20 grapes or cherries
- 2 small fruits (e.g. kiwi)
- 1 cup diced fruit (e.g. melon)
- 1 1/2 tbsp dried fruit




## VEGETABLES

- 1/2 cup cooked veg (e.g. carrot, broccoli)
- 1 cup leafy greens / salad
- 1 medium tomato
- 1/2 medium potato (or other starchy veg)



## MEAT

- 65g cooked red meats (beef, lamb, veal pork)
- 80g cooked poultry (chicken or turkey)
- 2 large eggs
- 100g fish fillet
- 1 cup cooked or canned legumes / beans
- 170g tofu



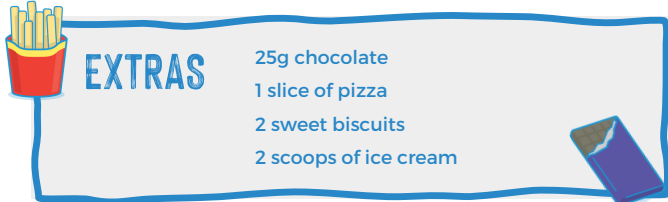
## GRAINS

- 1 slice of bread
- 1/2 medium bread roll
- 1/2 cooked oats
- 2/3 cup cereal
- 1/2 cup cooked rice / pasta



## DAIRY

- 250ml glass of milk
- 175ml yoghurt
- 2 slices cheese
- 1/2 cup cottage cheese
- 1 cup soy milk



## EXTRAS

- 25g chocolate
- 1 slice of pizza
- 2 sweet biscuits
- 2 scoops of ice cream



For further serving breakdowns

Visit: <https://www.eatforhealth.gov.au/food-essentials/how-much-do-we-need-each-day/serve-sizes>