

Balanced diet

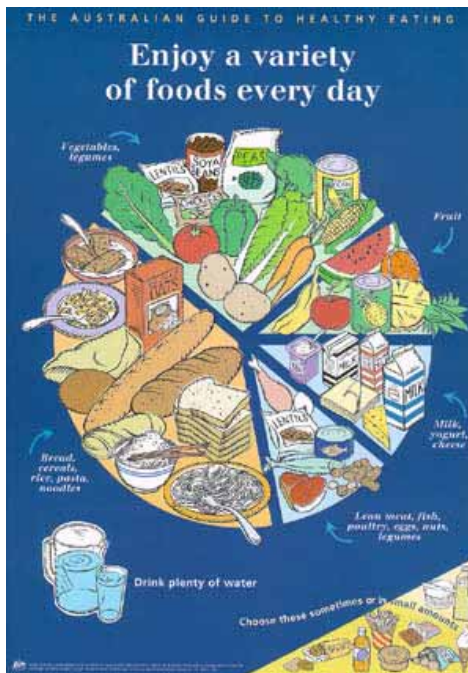
Kids' Health Topic

Balanced diet servings

Does a girl on a tightrope carrying a sandwich have a balanced diet?

Well it depends what's on the sandwich!

Eating a balanced diet just means that you choose foods in the right amounts from each of the food groups. Let me show you how it works.



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This type of chart is called a "Pie Chart".

It gives some ideas of which foods are good for you and how much to eat.

Breads, cereals, rice, pasta and noodles

Food examples	What is a serve?	Daily serve from this group
Bread	2 slices	5 - 9 serves each day
Rolls	1 roll	
Cereal	1 cup	
Wheat biscuit	one	
Pasta	1 cup	
Rice	1 cup	



Vegetables and legumes

Food examples	What is a serve?	Daily serve from this group
Cooked vegies	Half a cup	4 or 5 Serves each day
Medium potato	Half a cup	
Carrot [sliced]	Half a cup	
Broccoli	Half a cup	
Spinach	Half a cup	
Cauliflower	Half a cup	
Salad	One cup	

Fruit

Food examples	What is a serve?	Daily serve from this group
Any fruit, eg. apple, orange	1 piece	2 or 3 serves each day
Fruit juice	Small glass	
Raisins/sultanas	1-2 tablespoons	
Dried fruit	4 pieces	

Milk, yoghurt and cheese group

Food examples	What is a serve?	Daily serve from this group
Milk	250ml	2 - 4 serves Each day
Yoghurt	200g	
Cheese	40g	
Custard	250ml	

Meat, poultry, fish, beans, eggs, nuts and legumes

Food examples	What is a serve?	Daily serve from this group
Beef, chicken fish	Small portion	1 - 2 serves Each day
Egg	One	
Peanut butter	1 tablespoon	
Baked beans	Half a cup	
Fish fingers	Two	

Fats and oils

Even though you need fats and oils to grow and be healthy there isn't a place in the table for fats and oils because you will get most of what you need from your other foods, such as meat, eggs, cheese, peanut butter and margarine on your bread.

It's a good idea to start the habit of eating mono-unsaturated fats (check out the label on cooking oils, margarines and spreads) light cheeses and low fat ice-cream. Your heart will love you for it!

Sweets, cakes, biscuits and soft drinks

You may have one small serve of cake or chips, or 2 sweet biscuits but not all of them! Soft drinks usually have a lot of sugar in them which you do not need.

Try to make sweets a sometimes treat rather than every day.

Balancing your diet

Now see if you can use the tables above to see how your diet balanced out today. Maybe you would like to plan a day's menu yourself then check if it fits with the idea of a balanced diet.

Be careful to keep an eye on the size of your serves.

'Go for 2 & 5 website'

- > Here you can find out about the benefits of fruit and vegies, nifty ways to get more fruit and vegies into your day, plus some super simple tasty recipes.
<http://www.gofor2and5.com.au/>
- > Check out this site to see how much sugar and fat really is in food
http://www.human-race.org/community_new/wc.html



Dr Kate says

Eating a balanced diet and exercising every day will help your body to stay healthy. Have a look at our topics on Exercise and Fitness to find out more.