When helping your consumer shop for nutritious foods on a budget, aim to spend money on food in the same proportion recommended in their diet. This means following the food pyramid on “NSAP: Assessing your consumer’s diet”. To work out how their diet compares, follow the steps below.

**Step 1.** Write down how much your consumer can spend on food each week. $…………

**Step 2.** Divide this amount by 10 to give you a ‘part’. Ten parts make up the day’s eating:
- 1 part of the diet to come from ‘eat least’
- 3 parts from ‘eat moderately’
- 6 parts from ‘eat most’

*For example, if your consumer can spend $50 a week, when this is divided by ten, they have $5 to go towards each part.*

**Step 3.** In the box below, write the amount your client should spend on each part.

**Step 4.** Get your consumer to collect food receipts, or write down how much they spend on various food items, over a week, fortnight or month.

**List food items** and the amount spent on them in one of three sections below (defined by where foods are in the pyramid):

<table>
<thead>
<tr>
<th>Eat Least</th>
<th>Eat Moderately</th>
<th>Eat Most</th>
</tr>
</thead>
<tbody>
<tr>
<td>$…….. x 1</td>
<td>$…….. x 3</td>
<td>$…….. x 6</td>
</tr>
</tbody>
</table>

Add the totals from:

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>Grand total</th>
</tr>
</thead>
<tbody>
<tr>
<td>$…………</td>
<td>$…………</td>
<td>$…………</td>
<td>$…………</td>
</tr>
</tbody>
</table>

**Step 5.** Compare the grand total with the amount in step 1. Compare 1,2,3 with the parts in the box below. Advise your consumer on ways to eat more or less of certain food groups for a more balanced diet.

- **Eat Least**
  - 1 part
  - $…….. x 1 = $…….. to spend on margarine, oils, ‘extras’

- **Eat Moderately**
  - 3 parts
  - $…….. x 3 = $…….. to spend on lean meat, poultry, fish eggs, nuts, legumes, milk and dairy foods or alternatives.

- **Eat Most**
  - 6 parts
  - $…….. x 6 = $…….. to spend on vegetables, fruit, grain (cereal) foods.

**Actions for case managers/key workers**

*Need more information or do you need to refer your consumer for more individualised advice?*

Find an Accredited Practising Dietitian [www.daa.asn.au](http://www.daa.asn.au) (click on ‘Find an APD’)
