

## How much should I eat? (12 – 18 years)

The following table provides details on quantities to aim for in each food group daily. These are **guidelines** for healthy children. Children's nutrition requirements may vary depending on their growth and how much physical activity they are doing.

<b>BREADS AND CEREALS</b>	<b>WHAT IS A SERVE?</b>
4 – 7 serves daily	<ul style="list-style-type: none"> <li>• 2 slices of bread (thinly sliced)</li> <li>• 1 cup of cooked porridge</li> <li>• 1 medium bread roll</li> <li>• 1 cup of breakfast cereal flakes</li> <li>• 1 cup of cooked rice, pasta, noodles</li> <li>• 1/2 cup of muesli</li> <li>• 4-6 dry crackers</li> <li>• 4 plain biscuits (arrowroots)</li> </ul>
<b>FRUIT</b>	<b>WHAT IS A SERVE?</b>
3 – 4 serves daily	<ul style="list-style-type: none"> <li>• 1 piece of medium sized fruit: apple, orange, mango, mandarin, banana, pear etc.</li> <li>• 2 pieces of smaller fruit: apricots, kiwi, plum, figs</li> <li>• 8 strawberries</li> <li>• 20 grapes or cherries</li> <li>• 1/4 medium melon: rockmelon or honeydew melon</li> <li>• 1 cup diced pieces/canned fruit</li> </ul>

<b>VEGETABLES</b>	<b>WHAT IS A SERVE?</b>
3 – 4 serves daily	<ul style="list-style-type: none"> <li>• 1 medium potato</li> <li>• 1/2 medium sweet potato</li> <li>• 1 medium parsnip</li> <li>• 1/2 cup green leafy vegetable: cabbage, spinach, silverbeet, broccoli, cauliflower, brussel sprouts</li> <li>• 1 cup of lettuce/salad vegetables</li> <li>• 1/2 cup of cooked vegetables: peas, green beans, zucchini, mushrooms, tomatoes, capsicum, cucumber, sweet corn, turnips, swede, sprouts, celery, eggplant</li> </ul>
<b>MILK AND DAIRY PRODUCTS</b>	<b>WHAT IS A SERVE?</b>
3 – 5 serves daily	<ul style="list-style-type: none"> <li>• 1 cup (250 ml) milk</li> <li>• 1/2 cup evaporated milk (125mls)</li> <li>• 40g (2 slices) cheese</li> <li>• 1 cup (250 ml) custard</li> <li>• 200g yoghurt</li> <li>• 1 cup (250 ml) calcium fortified soy milk</li> </ul>
<b>MEAT AND MEAT ALTERNATIVES</b>	<b>WHAT IS A SERVE?</b>
1 – 2 serves daily	<ul style="list-style-type: none"> <li>• 65-100g meat/chicken: 1/2 cup mince, 2 small chops, 2 slices roast meat</li> <li>• 80-120g fish fillet</li> <li>• 2 small eggs egg</li> <li>• 1/3 cup cooked dried beans, lentils, chick peas, split peas, or canned beans</li> </ul>

EXTRAS	WHAT IS A SERVE?
<p>1-3 serves daily</p> <p>Include these foods <b>occasionally</b> for variety. They are generally higher in fat and/or sugar, kilojoules and salt.</p>	<ul style="list-style-type: none"> <li>• 1 medium piece of cake/1 bun</li> <li>• 1 tablespoon (60g) jam/honey</li> <li>• 1 tablespoon (20g) butter, margarine, oil</li> <li>• 3-4 sweet biscuits</li> <li>• 30g potato chips</li> <li>• 2 scoops of ice cream</li> <li>• 1/2 chocolate bar</li> <li>• 1/2 slice pizza</li> <li>• 1/3 meat pie</li> </ul>

## Sample Meal Plan

### Breakfast

1 cup cereal + 150 ml milk  
1 slice toast with spread  
1 piece fruit

### Morning Tea

2 slice fruit toast  
Strawberries/grapes  
Water

### Lunch

2 slice bread/1 bread roll  
Slice cheese  
1 slice meat, chicken, fish or 1 egg  
1 cup salad veg  
Avocado/margarine to spread  
Water

### Afternoon Tea

1 cup milk  
4 crackers + 1 slice cheese + tomato  
+ grated carrot + alfalfa

### Dinner

1/2 chicken breast OR 1 chop OR  
1/2 fillet fish OR 1/4 cup mince  
1 cup mixed vegetables  
Water

### Supper

1 cup yoghurt/custard  
1 cup diced fruit  
Water

#### Source:

1. Australian Guide to Healthy Eating, Dietary Guidelines for Children and Adolescents, 1998, Australian Government, Department of Health and Ageing, National Health and Medical Research Council.