**Table 1: Foods and quantities in Healthy Food Access Basket in 2014**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Six-person household** | **Four-person household** | **Three-person household** | **Two-person household** | **One-person household** |
| **Fruit** | | | | | |
| 100% orange juice; no added sugar | 2500mL | 1500mL | 1000mL | 1000mL | 500mL |
| Apples | 7665g | 4970g | 3670g | 2610g | 1300g |
| Bananas | 7385g | 6000g | 4150g | 2770g | 1850g |
| Canned fruit salad in juice | 3300g | 2250g | 1650g | 1200g | 600g |
| Oranges | 6430g | 4190g | 3410g | 2340g | 780g |
| **Vegetables and Legumes** | | | | | |
| Avocado | 1750g | 1170g | 750g | 830g | 420g |
| Baked beans | 1350g | 1050g | 225g | 300g | 825g |
| Broccoli | 2750g | 1875g | 1375g | 940g | 500g |
| Brown onion | 1620g | 1080g | 810g | 540g | 270g |
| Cabbage | 940g | 565g | 470g | 280g | 95g |
| Canned beetroot | 1220g | 750g | 560g | 470g | 190g |
| Canned sweet corn; no added salt | 2060g | 1500g | 1030g | 845g | 470g |
| Canned tomatoes; no added salt | 1930g | 1365g | 1010g | 655g | 355g |
| Canned 4 bean mix | 900g | 600g | 450g | 300g | 150g |
| Carrot | 3600g | 2400g | 1800g | 1165g | 600g |
| Cauliflower | 1750g | 1250g | 875g | 625g | 375g |
| Cucumber | 900g | 600g | 450g | 300g | 150g |
| Dried lentils | 230g | 155g | 115g | 75g | 40g |
| Frozen mixed vegetables | 1500g | 1050g | 750g | 525g | 300g |
| Frozen peas | 1500g | 1050g | 750g | 525g | 300g |
| Lettuce | 1485g | 990g | 740g | 495g | 250g |
| Potatoes | 3600g | 2610g | 1800g | 1350g | 810g |
| Pumpkin | 2090g | 1395g | 1045g | 565g | 350g |
| Sweet potato | 990g | 660g | 495g | 330g | 165g |
| Tomatoes | 4040g | 2800g | 2100g | 1320g | 700g |
| **Grain Foods** | | | | | |
| Breakfast wheat biscuit | 1080g | 840g | 600g | 240g | 240g |
| Instant noodles | 320g | 215g | 160g | 110g | 55g |
| Pasta | 1550g | 1200g | 900g | 300g | 300g |
| Rice | 1200g | 900g | 700g | 175g | 200g |
| Rolled oats | 700g | 500g | 400g | 200g | 100g |
| White bread | 2800g | 2320g | 1680g | 520g | 640g |
| Wholegrain crackers | 450g | 350g | 245g | 175g | 105g |
| Wholemeal bread | 7800g | 5840g | 4320g | 2120g | 1520g |
| **Leans meats, poultry, fish, eggs, nuts and seeds** | | | | | |
| Beef mince | 1580g | 1250g | 900g | 490g | 350g |
| Canned tuna in water | 1710g | 1140g | 855g | 570g | 285g |
| Chicken breast | 1570g | 1000g | 750g | 570g | 250g |
| Eggs | 2220g | 1620g | 1140g | 900g | 480g |
| Frozen chicken | 2000g | 1350g | 1000g | 700g | 350g |
| Frozen steamed fish | 690g | 460g | 345g | 230g | 115g |
| Lamb chops | 880g | 670g | 490g | 290g | 180g |
| Rump | 3640g | 2750g | 2030g | 1030g | 720g |
| Unsalted mixed nuts | 960g | 780g | 360g | 420g | 420g |
| **Milk, yoghurt and cheese** | | | | | |
| Full fat milk | 5500mL | 3000mL | 2500mL | 3250mL | 500mL |
| Hard cheddar cheese (full fat) | 1280g | 880g | 640g | 560g | 240g |
| Low fat milk | 34125mL | 21500mL | 16000mL | 14375mL | 5500mL |
| Low fat plain yoghurt | 3200g | 2000g | 1600g | 1800g | 400g |
| Reduced fat flavoured yoghurt | 3400g | 2200g | 1800g | 1600g | 400g |
| **Unsaturated fats and oils** | | | | | |
| Polyunsaturated margarine | 1390g | 1060g | 580g | 735g | 480g |
| Polyunsaturated oil | 210mL | 165mL | 85mL | 105mL | 80mL |

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Source: Queensland Department of Health.

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