Australian Dietary Guidelines: Recommended Daily Intakes

The Australian Dietary Guidelines recommend the number of 'standard serves' we should consume from the five core food groups each day, for a nutritious and balanced diet.

The recommended intakes are an average to aim for each day. While it is normal to eat more of some foods on some days, and less on other days, what matters most is that you eat as close to these amounts as possible. This will ensure you're getting an adequate amount of energy and nutrients in your overall diet.

Separate infant feeding guidelines exist (for healthcare workers) for children under 2 years of age.

Visit www.eatforhealth.gov.au for further information on the Australian Dietary Guidelines and recommended intakes.

Recommended average number of standard serves per day

Toddlers	Vegetables and legumes	Fruit	Grains (cereal)	Lean meat, fish, poultry, eggs, nuts, seeds, legumes, beans	Milk, yoghurt, cheese & alternatives	Allowance for additional serves from any food group*
Girls and boys 1–2 years	2-3	0.5	4	1	1-1.5	0
Girls and boys 2-3 years	2.5	1	4	1	1.5	0-1
Children	**Vegetables and legumes**	**Fruit**	**Grains (cereal)**	**Lean meat, fish, poultry, eggs, nuts, seeds, legumes, beans**	**Milk, yoghurt, cheese & alternatives**	**Allowance for additional serves from any food group***
Girls 4-8 years	4.5	1.5	4	1.5	1.5	0-1
Girls 9-11 years	5	2	4	2.5	3	0-3
Boys 4-8 years	4.5	1.5	4	1.5	2	0-2.5
Boys 9-11 years	5	2	5	2.5	2.5	0-3
Adolescents	**Vegetables and legumes**	**Fruit**	**Grains (cereal)**	**Lean meat, fish, poultry, eggs, nuts, seeds, legumes, beans**	**Milk, yoghurt, cheese & alternatives**	**Allowance for additional serves from any food group***
Girls 12-13 years	5	2	5	2.5	3.5	0-2.5
Girls 14-18 years	5	2	7	2.5	3.5	0-2.5
Boys 12-13 years	5.5	2	6	2.5	3.5	0-3
Boys 14-18 years	5.5	2	7	2.5	3.5	0-5

Recommended average number of standard serves per day

Adults	Vegetables and legumes	Fruit	Grains (cereal)	Lean meat, fish, poultry, eggs, nuts, seeds, legumes, beans	Milk, yoghurt, cheese & alternatives	Allowance for additional serves from any food group*
Women 19-50 years	5	2	6	2.5	2.5	0-2.5
Women 51-70 years	5	2	4	2	4	0-2.5
Men 19-50 years	6	2	6	3	2.5	0-3
Men 51-70 years	5.5	2	6	2.5	2.5	0-2.5

Older adults	Vegetables and legumes	Fruit	Grains (cereal)	Lean meat, fish, poultry, eggs, nuts, seeds, legumes, beans	Milk, yoghurt, cheese & alternatives	Allowance for additional serves from any food group*
Women 70+ years	5	2	3	2	4	0-2.5
Men 70+ years	5	2	4.5	2.5	3.5	0-2.5

Pregnant & breastfeeding	Vegetables and legumes	Fruit	Grains (cereal)	Lean meat, fish, poultry, eggs, nuts, seeds, legumes, beans	Milk, yoghurt, cheese & alternatives	Allowance for additional serves from any food group*
Pregnant						
Under 18 years	5	2	8	3.5	3.5	0-3
Over 18 years	5	2	8.5	3.5	2.5	0-2.5
Breastfeeding						
Under 18 years	5.5	2	9	2.5	4	0-3
Over 18 years	7.5	1	9	2.5	2.5	0-2.5

** Additional serves are allowed for taller or more active people. Nutrition Australia encourages people to choose additional extra serves from the five core food groups, and to limit serves of 'discretionary foods' to a maximum of one serve per day (approx. 600kJ).*

Healthy fats

The *Guidelines* also include a daily allowance for additional unsaturated fats from spreads, oils, nuts or seeds:

Age and gender	Daily allowance for additional unsaturated fats
1-2 years	7–10g (Nut pastes are recommended instead of whole nuts and seeds because of the potential choking risk).
2-3 years	4.5g
4-11 years	7-10g
12-13 years	11-15g
14-18 years	14-20g
Men under 70	28-40g
Women under 70	14-20g

Additional messages

Enjoy herbs and spices

Herbs and spices provide a wonderful range of flavours and aromas to our food. Many herbs and spices have health-promoting properties, but since we tend to eat them in smaller amounts their primary purpose is to flavour and colour our meals.

Cooking with fresh, dried or ground herbs and spices is an easy way to create foods that suit your tastes, and increase your enjoyment of home-made meals without needing to use salt when cooking or eating.

Choose water

Water is the best drink to stay hydrated and it supports many other essential functions in the body. Choose water as your main drink, and avoid sugary options such as soft drinks, sports drinks and energy drinks.

Limit salt and added sugar

The Healthy Eating Pyramid reminds us to limit our intake of salt and added sugar. This means avoiding adding salt or sugar to food when we're cooking or eating, and avoiding packaged foods and drinks that have salt or added sugar in the ingredients.

The average Australian already consumes too much salt and added sugar and this is linked to increased risk of diseases, such as heart disease, type 2 diabetes and some cancers.

Cooking your own meals at home, and choosing whole foods or minimally-processed foods will also help to limit how much salt and added sugar we consume.

The key to a balanced diet is to enjoy a variety of foods from the five core food groups, and to limit your intake of foods and drinks that are high in saturated fat, sugar and salt.

Source: www.nutricianausralia.org