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| Australian Guide to Healthy Eating – Portions and Benefits  |
| **Food Group** | **Recommended number of portions for children 12-13yrs**  | **Recommended number of portions for adults** | **Health Benefits**  | **Example portion sizes**  |
| **Vegetables and legumes/beans** |  |  |  |  |
| **Fruit**  |  |  |  |  |
| **Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties** |  |  |  |  |
| **Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans** |  |  |  |  |
| **Milk, yoghurt cheese and/or alternatives, mostly reduced fat** |  |  |  |  |