



healthyfood@sport

New Dietary Guidelines – Fact Sheet

New Dietary Guidelines

In February, the 2013 Australian Dietary Guidelines (ADGs) were released. The ADGs provide evidence based recommendations regarding the amount and types of foods we should be eating for good health. The ADGs are summarised below:

Guideline 1:

Achieve and maintain a healthy weight. Be physically active and choose amounts of nutritious food and drinks to meet your energy needs.

Guideline 2:

Enjoy a wide variety of nutritious foods from these five food groups every day:

- Vegetables and legumes/beans
- Fruit
- Grain (cereal) foods, mostly wholegrain and/or high fibre varieties
- Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans
- Milk, yoghurt, cheese, mostly reduced fat

And drink plenty of water.

Guideline 3:

Limit intake of foods containing saturated fat, added salt, added sugars and alcohol.

Guideline 4:

Encourage, support and promote breastfeeding.

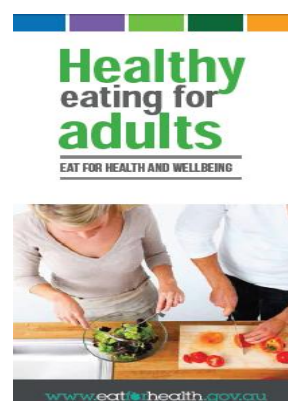
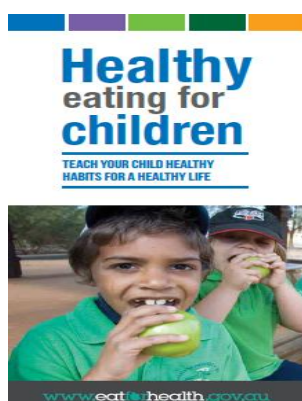
Guideline 5:

Care for your food; prepare and store it safely.

Please refer to the next page for the recommended number of serves for children and adolescents.

For more information on the ADGs, and to access the resources featured below, please visit:

www.eatforhealth.gov.au.





Recommended number of serves for children, and adolescents

The dietary patterns in the table below provide the nutrients and energy needed for all children and adolescents of average height with sedentary to moderate activity levels.

Additional serves of the Five Food Groups, unsaturated spreads and oils, or discretionary choices are needed only by children and adolescents who are taller, more active or in the higher end of a particular age band, to meet additional energy requirements.

Recommended average daily number of serves from each of the five food groups*						Additional serves for more active, taller or older children and adolescents
	Vegetables & legumes/beans	Fruit	Grain (cereal) foods, mostly wholegrain	Lean meat and poultry, fish, eggs, nuts and seeds, and legumes/beans	Milk, yoghurt, cheese and/or alternatives (mostly reduced fat)	Approx. number of additional serves from the five food groups or discretionary choices
Boys						
2-3	2 ½	1	4	1	1 ½	0-1
4-8	4 ½	1 ½	4	1 ½	2	0-2 ½
9-11	5	2	5	2 ½	2 ½	0-3
12-13	5 ½	2	6	2 ½	3 ½	0-3
14-18	5 ½	2	7	2 ½	3 ½	0-5
Girls						
2-3	2 ½	1	4	1	1 ½	0-1
4-8	4 ½	1 ½	4	1 ½	1 ½	0-1
9-11	5	2	4	2 ½	3	0-3
12-13	5	2	5	2 ½	3 ½	0-2 ½
14-18	5	2	7	2 ½	3 ½	0-2 ½

*Includes an allowance for unsaturated spreads or oils, nuts or seeds as follows:

- ½ serve (4.5g) per day for children 2-3 years of age;
- 1 serve (7-10g) per day for children 3-12 years of age;
- 1 ½ serves (11-15g) per day for children 12-13 years; and
- 2 serves (14-20g) per day for adolescents 14-18 years of age and for pregnant and breastfeeding girls.

Information sourced from www.eatforhealth.gov.au.

To access the range of fact sheets and newsletters in this series please visit:

www.health.act.gov.au