



# WHAT IS A SERVE?

When planning menus it's important to understand how to meet the needs of those in your care. The recommended daily serves according to the Australian Dietary Guidelines; EAT FOR HEALTH\* listed below are the minimum that needs to be offered each day.

An Accredited Practising Dietitian (APD) is best placed to advise you on how to achieve this.

## MEAT, CHICKEN, FISH & EGGS

2 - 2½ serves each day

**A serve of this group is:**

- 65g cooked red meat (lamb, beef, pork)
- 80g cooked chicken
- 100g cooked fish
- ½ cup cooked lean mince
- 2 small chops
- 2 thick slices roast meat
- 170g tofu
- ½ cup cooked beans, peas, lentils or chickpeas
- 30g nuts or peanut butter
- 2 eggs

## VEGETABLES & LEGUMES

5 serves each day

Fresh, frozen or canned. Incorporate in salads, soup, pies, quiches, slices, stir-fries, scones, pikelets and pancakes. Include vegetables at breakfast e.g. grilled tomato, and try to offer three vegetables at the main meal.

**A serve of vegetables is:**

- ½ cup cooked vegetables (approx. 75g)
- ½ cup cooked peas, beans or lentils
- 1 cup salad vegetables (approx. 75g)
- 1 small potato or ½ medium potato

## FOODS CONTAINING CALCIUM

3½ - 4 full serves each day or 7 - 8† half serves

Milk, cheese, yoghurt, ice-cream, calcium fortified soy milk. Milk can be fresh, powdered, UHT or canned. All should be full cream. Offer milk drinks, hot or cold, custard, rice puddings, junket, blancmange, fricassee, mornay, cheese and crackers, cheese scones, cream soups, cheese sandwiches. Make mousse desserts on milk not water.

**A serve of dairy food is:**

- 1 cup of milk (250ml)
- 1 tub of yoghurt (200g tub)
- 2 slices of cheese (40g)
- 1 cup of custard (250ml)
- ½ cup of evaporated milk (125ml)
- 30g full cream milk powder (4 tablespoons)

†Mostly residents are given smaller amounts of dairy foods at one time e.g. a slice of cheese on a sandwich or a small yoghurt (100g). This means 7-8 half serves will need to be provided. Adding milk powder to menu items, offering milk at each meal and midmeal and always offering dairy based desserts will mean this is possible. For residents from some cultures who are lactose intolerant, hard cheese, yoghurt, calcium fortified soy milk and low lactose milk are suitable.

## FRUIT

2 serves each day

Fresh, frozen, canned or dried. Serve with cereal, custard, yoghurt and ice-cream. Incorporate in desserts, muffins, cakes, puddings and smoothies.

**A serve of fruit is:**

- 1 medium piece of fruit (apple, banana, orange, pear)
- 2 small pieces of fruit (apricots, plums, peaches)
- 1 cup stewed, canned or diced fruit pieces
- 1½ tablespoons sultanas, 4 dried apricot halves
- 5 prunes
- 125ml 100% juice

## BREADS, CEREALS, RICE, NOODLES

3 - 4½ serves each day

Include high fibre varieties where possible. Encourage the use of low Glycaemic Index (GI) varieties.

**A serve of cereals is:**

- 1 slice bread
- 1 scone, crumpet or small English muffin
- 1 small bread roll
- ½ cup cooked rice, noodles, pasta
- ½ cup cooked rolled oats
- ½ cup cooked barley
- 30g ready to eat cereal