



foodwise

Healthy Eating for Young People

As you move through the teenage years you need all the help you can get to perform at your best, feel good about yourself and reach your full potential.

The food groups

To ensure your mind and body get enough nutrients to be at your best, aim to eat the minimum recommended serves from the Five Food Groups each day.

FOOD GROUP	RECOMMENDED DAILY SERVES	EXAMPLE SERVES	HOT TIPS!
Breads, cereals, rice, pasta and noodles	5-7 	1 slice bread 3 crispbread $\frac{2}{3}$ cup breakfast cereal $\frac{1}{4}$ cup muesli $\frac{1}{2}$ cup cooked rice, noodles or spaghetti	Wholegrain, multigrain and wholemeal breads and cereals are good sources of fibre and B vitamins.
Vegetables	5-6 	$\frac{1}{2}$ medium potato $\frac{1}{2}$ cup canned beans $\frac{1}{2}$ cup cooked vegetables 1 cup salad 1 medium tomato	Choose a range of different coloured vegetables to get different vitamins, minerals and antioxidants.
Fruit	2 	1 medium piece of fresh fruit (eg apple) 1 cup fruit salad or canned fruit 4 dried apricots $\frac{1}{2}$ cup fruit juice	Eat a variety of fruits to get a variety of nutrients.
Dairy foods or alternatives	3 $\frac{1}{2}$ 	1 cup (250ml) milk or calcium enriched soy drink 1 tub (200g) yoghurt 2 slices (40g) cheese	Good source of protein and calcium.
Meat, fish, poultry, eggs, nuts and legumes	2 $\frac{1}{2}$ 	65g cooked red meat or 80g chicken 100g cooked fish or small can of tuna 2 eggs 1 cup (150g) cooked beans (eg kidney beans, chick peas, soy beans, lentils) 170g hard tofu 30g nuts	Good source of protein, iron and zinc.
Added fats	1 	1 tablespoon margarine or oil	Include mono and polyunsaturated fats.
Extra foods	0-2 	1 ice cream on a stick or 2 scoops ice cream 1 doughnut, 1 small slice cake or small muffin 2-3 plain sweet biscuits 1 small cup of hot chips 1 fun size bag of potato crisps 25g chocolate or 40g lollies	Extra foods are a normal part of a healthy eating pattern and can be enjoyed in moderation.

Healthy Eating



To feel at your best throughout the day

- Eat regularly - every 3–4 hours.
- Enjoy a variety of foods from the Five Food Groups for health and vitality.
- Sit down and eat in a relaxed atmosphere. Take time to really taste and enjoy the food you eat, rather than rushing.
- Tune into your body. Recognise your feelings of hunger and eat. Recognise when you are full and stop eating.
- Be flexible about your eating - your appetite will vary from day to day depending on your growth and activity.

Sample Menu

MEAL	SUGGESTED FOOD GROUPS TO INCLUDE					EXAMPLE MENU
Breakfast						Toast + margarine + egg Fruit Milk Cereal and milk
Lunch						Tuna & salad sandwich + margarine Fruit
Dinner						Grilled steak Stir-fry vegetables & noodles + oil
Snacks						Choose a variety of snacks, e.g. Fruit Yoghurt, cheese, milky drinks Crispbread Fruit bread, wholegrain bread Nuts Biscuits or ice cream



Where can I find out more information?

HERE ARE 3 WAYS:

1. **TALK** to your GP
2. **MAKE A FREE APPOINTMENT** with an ACT Health Community Dietitian by phoning **6207 9977**
3. **CHECK OUT** more Foodwise factsheets at www.health.act.gov.au



The ACT Government is committed to making its information, services, events and venues, accessible to as many people as possible.

Enquiries about this publication should be directed to ACT Health, Communications and Marketing Unit, GPO Box 825 Canberra City ACT 2601 or email: HealthACT@act.gov.au © Australian Capital Territory, Australia, April 2014