Australian Government
Department of Defence

Pocket Guide to Planning Your Daily Diet

The *Pocket Guide to Planning your Daily Diet* is one of a series of pocket guides designed to assist you in making healthy eating choices.

This guide provides you with information about food groups, serving sizes and kilojoule content to enable you to choose the most appropriate foods to meet the energy requirements of your role as an active ADF member.

Other pocket guides you may be interested in include:

- The Pocket Guide to Weight Loss
- The Pocket Guide to Eating on Deployment

For more information, you can refer to the *ADF Guide to Healthy Eating* at:

[ADF Url to be announced]

Make Your Choices

Follow three easy steps to plan your daily diet:

1. Identify your level of activity
2. Identify your energy requirements and how they might be met
3. Construct your daily diet

1. Identify your level of activity

The system devised by DSTO classifies physical activities as shown in the table below.

	ACTIVITY LEVEL	*ENERGY RANGE*	*EXAMPLE ACTIVITIES*
1	inactive or sedentary	<13 MJ/day	Administrative tasks on base
2	light activity	13-14.5 MJ/day	Navy ships or submarine at sea, some moderate activity on base
3	moderate activity	15-16.5 MJ/day	Physical training Exercises, Army recruit training, Infantry initial training, most military exercises
4	high activity	17-19.5 MJ/day (low) 20-21 MJ/day (high)	Foot patrol with large load carriage, jungle warfare, naval clearance diving, patrol boat, SASR base squadron
5	extreme activity	>21 MJ/day	SASR selection course

2. Identify your energy requirements and how they might be met

Recommended average daily number of serves from each of the food groups								
ACTIVITY LEVEL	*VEGETABLES*	*FRUIT*	*NUTS AND SEEDS*	*GRAINS*	*MEAT POULTRY, FISH, EGGS & ALTERNATIVES*	*DAIRY AND ALTERNATIVES*	*OILS AND SPREADS*	*DISCRETIONARY CHOICES*
1 (<13 MJ)	6	2	1	6	3	2 ½	1	<1
2 (13-14.5 MJ)	10	3	2	10	3	3	1	<1
3 (15-16.5 MJ)	11	4	2	11	3	3	1	1 ½
4 (low 17-19.5 MJ)	12	4	2	11	3	4	1	4
4 (high 20-21 MJ)	12	4	3	11	4	6	1	6
5 (>21 MJ)	14	5	3	12	4	7	1	13

Discretionary choices should be mostly carbohydrate-rich foods or drinks which are concentrated sources of energy

3. Construct your daily diet

FOOD GROUP	SERVE SIZES OF EXAMPLE FOODS	KILOJOULES PER SERVE(kJ)
Grains	1 slice of bread or ½ a medium roll or flat bread (about 40 g) ½ cup cooked rice, pasta, noodles ½ cup cooked porridge or polenta, ⅔ cup breakfast cereal flakes (30 g) or ¼ cup muesli 3 crispbreads 1 crumpet(60 g) 1 small English muffin or scone (35 g) ½ cup cooked other cereal e.g. barley, quinoa, semolina, buckwheat or cornmeal ¼ cup flour	500
Vegetables	75 g (½ cup) cooked green or Brassica or cruciferous vegetables 75 g (½ cup) cooked orange vegetables 75 g (½ cup) cooked dried or canned beans, chickpeas or lentils – no added salt 75 g (1 cup) raw salad vegetables 75 g starchy vegetables (e.g. 1 small or ½ medium potato or equilivant or sweet potato, taro, sweet corn or cassava) 75 g other vegetables (e.g. 1 small-medium tomato)	100 150 350 100 250 100
Fruit	150 g (1 piece) of medium-sized fruit e.g. apple, banana, orange, pear 150 g (2 pieces) of small fruit e.g. apricot, kiwi fruit, plums 150 g (1 cup) cooked or canned fruit 125 mL (½ cup) 100% fruit juice 30 g dried fruit e.g. 4 dried apricot halves, 1½ tablespoons sultanas	350
Meat, poultry, fish, eggs and alternatives	65 g cooked lean red meats (e.g. beef, lamb, pork, venison or kangaroo) or ½ cup of lean mince, 2 small chops, 2 slices of roast meat (about 90 – 100 g raw weight) 80 g cooked poultry (about 100 g raw weight) e.g. chicken, turkey 100 g cooked fish fillet (about 115 g raw weight) or 1 small can of fish, no added salt and no in brine 2 large eggs (120 g) 1 cup (170 g) cooked dried beans, lentils, chickpeas, split peas or canned beans 170 g tofu 30 g nuts or seeds or nut/seed paste, no added salt	600
Dairy and alternatives	250 mL (1 cup) milk—fresh, UHT log life or reconstituted from dried powder 125 mL (½ cup) evaporated unsweetened milk 200 g (¾ cup or 1 small carton) yoghurt 40 g (2 slices or 4x3x2 cm piece) hard cheese e.g. cheddar 120 g ricotta cheese or low-fat cream-style cheese	600
Oils and spreads	40-60 g (2-4 tablespoons) spreads (e.g. margarine) 30-45 g (1-2 tablespoons) oils (e.g. canola, olive oil, polyunsaturated oils)	250
Discretionary choices	2 scoops icecream ¼ cup condensed milk 50-60 g processed meats (e.g. salami, mettwurst) 1½ thick or 2 thin sausages 2-3 sweet biscuits 1 slice plain cake or small cake-type muffin ½ small bar (25 g) chocolate 30 g salty crackers 40 g sugar confectionary 60 g (2-3 tablespoons) jam or honey 12 (60 g) fried hot chips 2 standard alcoholic drinks (contains 20 g alcohol) 1 tablespoon (20-30 g) oil or spread	600

Measures used in this Guide:
1 cup = 250 mL 1 tablespoon = 20 mL

Abbreviations:
g = gram mg = milligram mL = millilitre