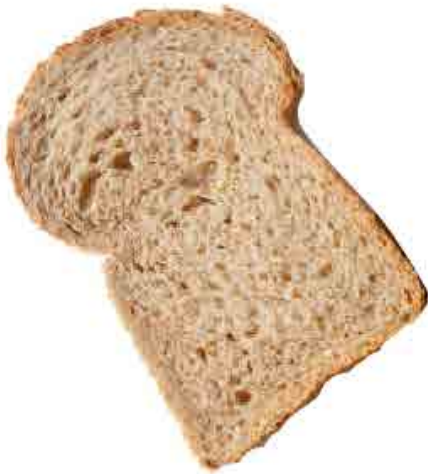


Apple



Unsalted nuts



Wholegrain bread



Broccoli



Brown rice



Chicken

Unsalted nuts

Standard serve size = 30g (e.g. 20 almonds or peanuts, 9 walnuts)

Resource © Better Health Company (2017)

Apple

Standard serve size = 1 medium apple

Resource © Better Health Company (2017)

Broccoli

Standard serve size = ½ cup cooked

Resource © Better Health Company (2017)

Wholegrain bread

Standard serve size = 1 slice

Resource © Better Health Company (2017)

Chicken

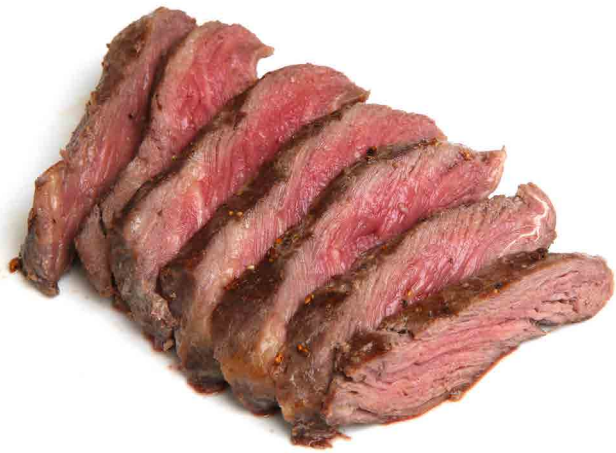
Standard serve size
= 80g cooked lean (100g raw)

Resource © Better Health Company (2017)

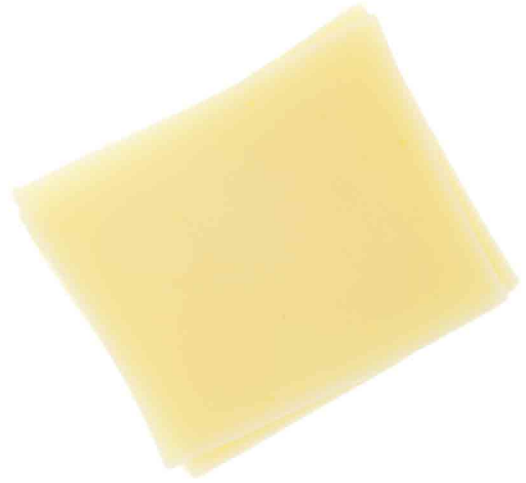
Brown rice

Standard serve size = ½ cup cooked

Resource © Better Health Company (2017)



Beef



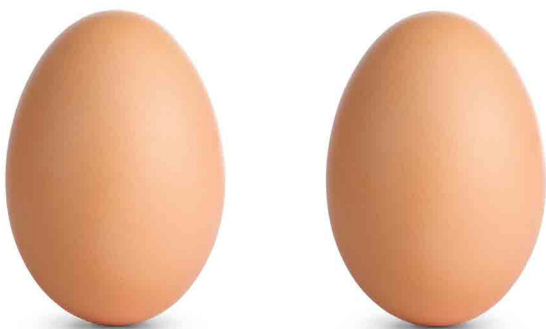
Reduced fat cheese



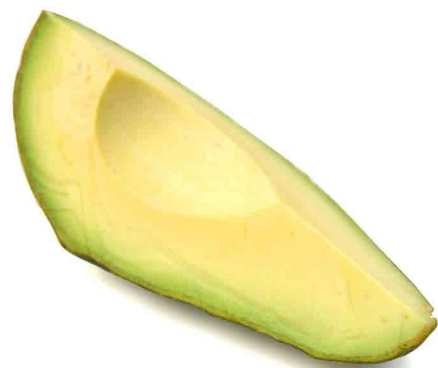
Sweet biscuits



Carrot



Eggs



Avocado

Reduced fat cheese

Standard serve size = 2 slices

Resource © Better Health Company (2017)

Beef

Standard serve size = 65g cooked (90 - 100g raw)

Resource © Better Health Company (2017)

Carrot

Standard serve size = $\frac{1}{2}$ cup cooked

Resource © Better Health Company (2017)

Sweet biscuits

Standard serve size = 2 - 3 sweet plain biscuits

Resource © Better Health Company (2017)

Avocado

Standard serve size = $\frac{1}{4}$ avocado

Resource © Better Health Company (2017)

Eggs

Standard serve size = 2 large eggs

Resource © Better Health Company (2017)



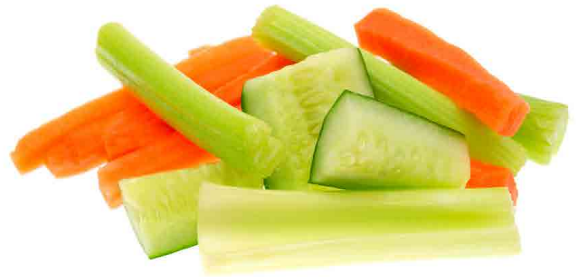
Cordial



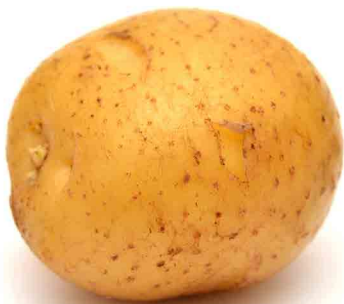
Coconut milk or cream



Sweet potato



Vegetable sticks



Potato



Beef mince

Coconut milk or cream

Standard serve size = $\frac{1}{3}$ cup (choose reduced fat)

Resource © Better Health Company (2017)

Cordial

Standard serve size = 375ml

Resource © Better Health Company (2017)

Vegetable sticks

Standard serve size = 1 cup

Resource © Better Health Company (2017)

Sweet potato

Standard serve size = $\frac{1}{2}$ medium sweet potato

Resource © Better Health Company (2017)

Beef mince

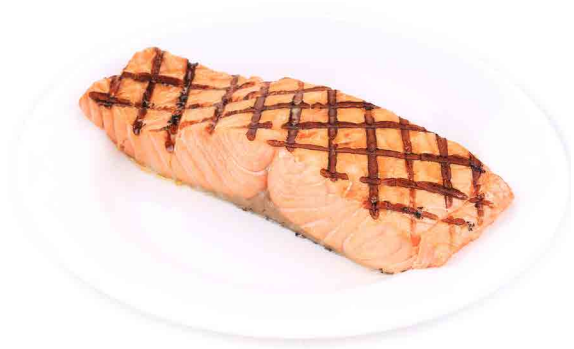
Standard serve size = $\frac{1}{2}$ cup lean mince

Resource © Better Health Company (2017)

Potato

Standard serve size = $\frac{1}{2}$ medium potato

Resource © Better Health Company (2017)



Salmon



Muesli bar



Strawberries



Lettuce



100% pure fruit juice (no added sugar)



Water

Muesli bar

Standard serve size = $\frac{1}{2}$ - 1 bar

Resource © Better Health Company (2017)

Salmon

Standard serve size = 100g cooked

Resource © Better Health Company (2017)

Lettuce

Standard serve size = 1 cup

Resource © Better Health Company (2017)

Strawberries

Standard serve size = 1 cup (about 8 strawberries)

Resource © Better Health Company (2017)

Water

Resource © Better Health Company (2017)

100% pure fruit juice (no added sugar)

Standard serve size = $\frac{1}{2}$ cup (125mls)

Resource © Better Health Company (2017)



Meat pie



Honey



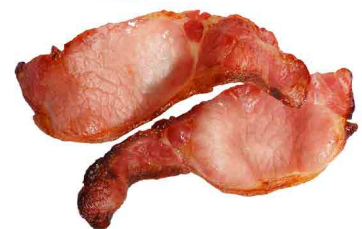
Muffin



Dried fruit



Hot chips



Processed meats (e.g. salami, bacon)

Honey

Standard serve size = 1 tablespoons (60g)

Resource © Better Health Company (2017)

Meat pie

Standard serve size = ¼ pie (individual size)

Resource © Better Health Company (2017)

Dried fruit

Standard serve size = 30g (for example, 4 dried apricot halves, 1½ tablespoons of sultanas)

Resource © Better Health Company (2017)

Muffin

Standard serve size = ¼ cafe style muffin or 1 small cake type muffin

Resource © Better Health Company (2017)

Processed meats (e.g. salami, bacon)

Standard serve size = 2 slices

Resource © Better Health Company (2017)

Hot chips

Standard serve size = 12 fried hot chips

Resource © Better Health Company (2017)



Wholemeal pasta



Porridge



Wheat biscuits



Wholegrain crackers



Sugary cereal



Couscous, bulgur (cracked wheat), buckwheat, barley, semolina, quinoa

Porridge

Standard serve size = ½ cup cooked (cooked with water)

Resource © Better Health Company (2017)

Wholemeal pasta

Standard serve size = ½ cup cooked

Resource © Better Health Company (2017)

Wholegrain crackers

Standard serve size = 3 crispbreads

Resource © Better Health Company (2017)

Wheat biscuits

Standard serve size = 2

Resource © Better Health Company (2017)

Couscous, bulgur (cracked wheat), buckwheat, barley, semolina, quinoa

Standard serve size = ½ cup cooked

Resource © Better Health Company (2017)

Sugary cereal

Standard serve size = ⅔ cup

Resource © Better Health Company (2017)



Flat bread



Peas



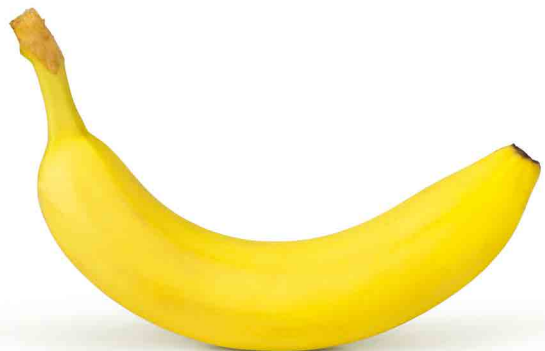
Tomato



Kidney beans



Ham



Banana

Peas

Standard serve size = ½ cup cooked

Resource © Better Health Company (2017)

Flat bread

Standard serve size = ½ medium flat bread

Resource © Better Health Company (2017)

Kidney beans

Standard serve size (vegetables)
= ½ cup cooked or canned
Standard serve size (protein)
= 1 cup cooked or canned

Resource © Better Health Company (2017)

Tomato

Standard serve size = 1 medium tomato

Resource © Better Health Company (2017)

Banana

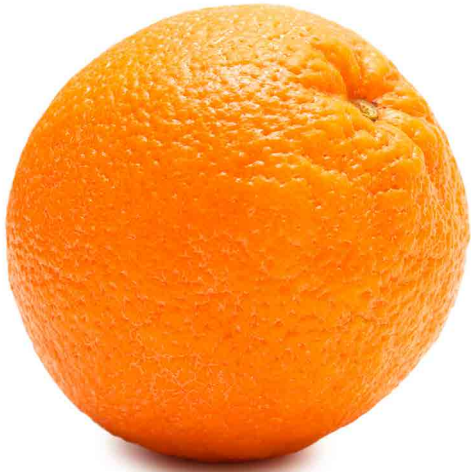
Standard serve size = 1 medium banana

Resource © Better Health Company (2017)

Ham

Standard serve size = 2 slices (50 - 60g)

Resource © Better Health Company (2017)



Orange



Grapes



Lard and Vegetable shortening (Copa)



Tinned tuna



Sausages



Tinned peaches in natural juice

Grapes

Standard serve size = about 20 grapes

Resource © Better Health Company (2017)

Orange

Standard serve size = 1 medium orange

Resource © Better Health Company (2017)

Tinned tuna

Standard serve size = 1 small can

Resource © Better Health Company (2017)

Lard and Vegetable shortening (Copha)

Standard serve size = 1 tbsp (20g)

Resource © Better Health Company (2017)

Tinned peaches in natural juice

Standard serve size = 1 cup (no added sugar)

Resource © Better Health Company (2017)

Sausages

Standard serve size = 1½ thick or 2 thin
sausages

Resource © Better Health Company (2017)



Reduced fat natural yoghurt, Greek yoghurt or labneh



Reduced fat milk



Soy, rice or almond milk
(with added calcium)



Flavoured yoghurt



Tofu



Baked beans

Reduced fat milk

Standard serve size = 1 cup (250ml)

Resource © Better Health Company (2017)

Reduced fat natural yoghurt, Greek yoghurt or labneh

Standard serve size = $\frac{3}{4}$ cup (200g)

Resource © Better Health Company (2017)

Flavoured yoghurt

Standard serve size = $\frac{3}{4}$ cup (200g)

Resource © Better Health Company (2017)

Soy, rice or almond milk (with added calcium)

Standard serve size = 1 cup (250ml)

Resource © Better Health Company (2017)

Baked beans

Standard serve size (vegetables)

= $\frac{1}{2}$ cup cooked or canned

Standard serve size (protein)

= 1 cup cooked or canned

Resource © Better Health Company (2017)

Tofu

Standard serve size = 170g

Resource © Better Health Company (2017)



Sugar free jelly



Unsaturated oil (e.g. olive, canola)



Unsaturated spread (e.g. margarine)



Soft drink



Butter and Ghee



Jam

Unsaturated oil
(e.g. olive, canola)

Standard serve size = 7g

Resource © Better Health Company (2017)

Sugar free jelly

Standard serve size = 3/4 cup

Resource © Better Health Company (2017)

Soft drink

Standard serve size = 1 can (375ml)

Resource © Better Health Company (2017)

Unsaturated spread
(e.g. margarine)

Standard serve size = 10g

Resource © Better Health Company (2017)

Jam

Standard serve size = 1 tablespoon 60g

Resource © Better Health Company (2017)

Butter and Ghee

Standard serve size = 1 tablespoon (20g)

Resource © Better Health Company (2017)



Chocolate



Potato chips



Lollies



Ice cream



Popcorn (unsalted)



Cream and Sour cream

Potato chips

Standard serve size = ½ snack-size packet (30g)

Resource © Better Health Company (2017)

Chocolate

Standard serve size = ½ bar or 4 - 6 pieces (25g)

Resource © Better Health Company (2017)

Ice cream

Standard serve size = 2 scoops

Resource © Better Health Company (2017)

Lollies

Standard serve size = 5 - 6 small lollies

Resource © Better Health Company (2017)

Cream or sour cream

Standard serve size = 2 tablespoons (40g)

Resource © Better Health Company (2017)

Popcorn (unsalted)

Standard serve size = 2 cups (25g)

Resource © Better Health Company (2017)