

Australian Dietary Guidelines: Recommended daily intakes



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Key points:

- The Australian Dietary Guidelines recommend the number of standard serves we should consume from the five core food groups each day.
- The recommended intakes are an average to aim for each day.
- Separate infant feeding guidelines exist for healthcare workers.

Introduction

The [Australian Dietary Guidelines](#) recommend the number of standard serves we should consume from the five core food groups each day, for a nutritious and balanced diet.

The recommended intakes are an average to aim for each day. While it is normal to eat more of some foods on some days, and less on other days, what matters most is that you eat as close to these amounts as possible. This will ensure you're getting an adequate amount of energy and nutrients in your overall diet.

Separate [Infant Feeding Guidelines](#) exist (for healthcare workers) for children under 2 years of age, or you can to download the brochure [Giving your baby the best start](#).

Visit www.eatforhealth.gov.au for further information on the Australian Dietary Guidelines and recommended intakes.

Remember:

- The [Australian Dietary Guidelines](#) recommend the number of standard serves we should consume from the five core food groups each day.
- The recommended intakes are an average to aim for each day.
- Separate infant feeding guidelines exist for healthcare workers.

Recommended daily intakes

Recommended average number of standard serves per day:

Toddlers	Girls and boys	Girls and boys
	1-2 years	2-3 years
Vegetables and legumes	2-3	2.5
Fruit	0.5	1
Grains (cereal)	4	4
Lean meat, fish, poultry, eggs, nuts, seeds, legumes, beans	1	1
Milk, yoghurt, cheese and alternatives	1-1.5	1.5
Allowance for additional serves from any food group*	0	0-1

Children	Girls	Girls	Boys	Boys
	4-8 years	9-11 years	4-8 years	9-11 years
Vegetables and legumes	4.5	5	4.5	5
Fruit	1.5	2	1.5	2
Grains (cereal)	4	4	4	5
Lean meat, fish, poultry, eggs, nuts, seeds, legumes, beans	1.5	2.5	1.5	2.5
Milk, yoghurt, cheese and alternatives	1.5	3	2	2.5
Allowance for additional serves from any food group*	0-1	0-3	0-2.5	0-3

Adolescents	Girls	Girls	Boys	Boys
	12-13 years	14-18 years	12-13 years	14-18 years
Vegetables and legumes	5	5	5.5	5.5
Fruit	2	2	2	2
Grains (cereal)	5	7	6	7
Lean meat, fish, poultry, eggs, nuts, seeds, legumes, beans	2.5	2.5	2.5	2.5
Milk, yoghurt, cheese and alternatives	3.5	3.5	3.5	3.5
Allowance for additional serves from any food group*	0-2.5	0-2.5	0-3	0-5

Adults	Women 19-50 years	Women 51-70 years	Boys 19-50 years	Boys 51-70 years
Vegetables and legumes	5	5	6	5.5
Fruit	2	2	2	2
Grains (cereal)	6	4	6	6
Lean meat, fish, poultry, eggs, nuts, seeds, legumes, beans	2.5	2	3	2.5
Milk, yoghurt, cheese and alternatives	2.5	4	2.5	2.5
Allowance for additional serves from any food group*	0-2.5	0-2.5	0-3	0-2.5

Older adults	Women >70 years	Men >70 years
Vegetables and legumes	5	5
Fruit	2	2
Grains (cereal)	3	4.5
Lean meat, fish, poultry, eggs, nuts, seeds, legumes, beans	2	2.5
Milk, yoghurt, cheese and alternatives	4	3.5
Allowance for additional serves from any food group*	0-2.5	0-2.5

Pregnant and breastfeeding	Pregnant <18 years	Pregnant >18 years	Breastfeeding <18 years	Breastfeeding >18 years
Vegetables and legumes	5	5	5.5	7.5
Fruit	2	2	2	1
Grains (cereal)	8	8.5	9	9
Lean meat, fish, poultry, eggs, nuts, seeds, legumes, beans	3.5	3.5	2.5	2.5
Milk, yoghurt, cheese and alternatives	3.5	2.5	4	2.5
Allowance for additional serves from any food group*	0-3	0-2.5	0-3	0-2.5

* Additional serves are allowed for taller or more active people. Nutrition Australia encourages people to choose additional extra serves from the five core food groups, and to limit serves of 'discretionary foods' to a maximum of one serve per day (approx. 600kJ).