

Daily Food Group Profile

Client's name _____ Today's date _____

Complete the profile below and estimate the number of servings of each food group you consume each day, e.g., if you eat 1.5 cups of cooked vegetables (3 serves) and 2 cups of salad vegetables (2 serves) each day and no other vegetables, your total vegetable serves equals a total of 5 serves. Note that not all the exact foods you eat will be listed, so you will need to make an estimate by choosing the closest food available.

Food Group	My Total Serves	Example Serves (tick how many serves you have in a day)
Vegetables		<input type="checkbox"/> ½ cup / 75g cooked vegetables <input type="checkbox"/> 1 cup salad vegetables <input type="checkbox"/> 1 small potato <input type="checkbox"/> ½ cup cooked dried peas, lentils or canned beans
Breads & cereals		<input type="checkbox"/> 2 slices of bread <input type="checkbox"/> 1 med bread roll <input type="checkbox"/> 1 1/3 cups cereal <input type="checkbox"/> 1 cup [180g] cooked pasta <input type="checkbox"/> 1 cup cooked porridge <input type="checkbox"/> ½ cup untoasted muesli <input type="checkbox"/> ¼ cup flour
Fruit		<input type="checkbox"/> 1 medium piece / 150g of apple, orange <input type="checkbox"/> 2 small pieces / 150g <input type="checkbox"/> 1 cup [150g] diced pieces of canned fruit <input type="checkbox"/> 1 ½ tablespoons of sultanas <input type="checkbox"/> 4 dried apricot halves <input type="checkbox"/> ½ cup of fruit juice
Dairy		<input type="checkbox"/> 1 cup / 250mL fresh or long-life milk <input type="checkbox"/> 1 cup soy milk <input type="checkbox"/> ½ cup evaporated milk <input type="checkbox"/> 2 slices / 40g cheese <input type="checkbox"/> 1 small tub [200g] yoghurt <input type="checkbox"/> 1 cup [250 mL] of custard
Meat or alternatives		<input type="checkbox"/> 65-100g cooked meat <input type="checkbox"/> 80-120g cooked fish fillet <input type="checkbox"/> 2 small chops <input type="checkbox"/> 2 slices of roast meat <input type="checkbox"/> 2 small eggs <input type="checkbox"/> 1/3 cup peanuts or almonds <input type="checkbox"/> ¼ cup sunflower or sesame seeds
Extras		<input type="checkbox"/> 1 [40g] doughnut <input type="checkbox"/> 4 [35g] sweet biscuits <input type="checkbox"/> 1 slice [40g] cake <input type="checkbox"/> ½ small bar chocolate [25g] <input type="checkbox"/> 2 tbsp [40g] cream <input type="checkbox"/> 1 tbsp [20g] butter <input type="checkbox"/> 200 mL wine <input type="checkbox"/> 400 mL regular beer <input type="checkbox"/> 1 can [375 mL] regular soft drink <input type="checkbox"/> 1 small packet [30g] crisps <input type="checkbox"/> 1/3 [60g] meat pie <input type="checkbox"/> 12 [60g] hot chips

Plan of action – Compare your total serves to the recommended number of serves and make changes where required.