

A balanced diet

recommended serves for pregnant women

Fruit	Milk, yoghurt, cheese
At least 2 serves per day	2-3 serves per day
One 150 g serve from this group equals: <ul style="list-style-type: none">• 1 medium piece (apple, pear, orange)• 2 small pieces (kiwi fruit, plums, apricots)• 1 cup diced or canned fruit• ½ cup juice (limit 1 serve/day)• 30 g dried fruit (e.g. 1½ tablespoons sultanas, 4 apricots)	One serve from this group equals: <ul style="list-style-type: none">• 1 cup milk; calcium fortified soy milk• 180 ml calcium rich milk (e.g. PhysiCAL, PhysiCAL no fat)• ½ cup evaporated milk• 40 g (two slices) cheese• 200 g (one tub) yoghurt• 2 tablespoons milk powder
Vegetables, legumes	Meat, fish, poultry, eggs, nuts, legumes
5 serves per day	3½ serves per day
One 75 g serve from this group equals: <ul style="list-style-type: none">• ½ cup cooked vegetables• ½ medium sweet potato, potato• 1 cup salad• ½ cup of legumes or corn	One serve from this group equals: <ul style="list-style-type: none">• 65-100 g cooked meat/chicken (e.g. ½ cup mince/2 small chops/2 slices meat)• 100 g cooked fish/tuna• 2 eggs• 1 cup cooked (dried) beans, lentils• small handful (30 g) raw, unsalted nuts and/or seeds
Bread, cereals, rice, pasta, noodles	Fats and oils
At least 8 serves per day	3-4 serves per day
One serve from this group equals: <ul style="list-style-type: none">• 1 slice of bread• ½ medium bread roll• ½ cup cooked pasta or noodles• ⅓ cup cooked rice• ½ cup porridge• ⅔ cup cereal flakes• ¼ cup muesli	One serve from this group equals: <ul style="list-style-type: none">• 1 teaspoon margarine/oil (i.e. olive, canola)• 2 teaspoons cream/sour cream/mayo• 2 teaspoons peanut butter• ⅛ avocado
Discretionary foods	
0-2½ serves per day	
Some foods do not fit in the five food groups. They contain too much fat and/or sugar and/or salt and very few essential nutrients. Choose carefully. One serve from this group equals:	
<ul style="list-style-type: none">• 1 medium piece of plain cake/bun• 1 tablespoon honey/jam• 3-4 plain sweet biscuits	<ul style="list-style-type: none">• 2 scoops ice cream• 6 squares of chocolate• 30 g potato crisps