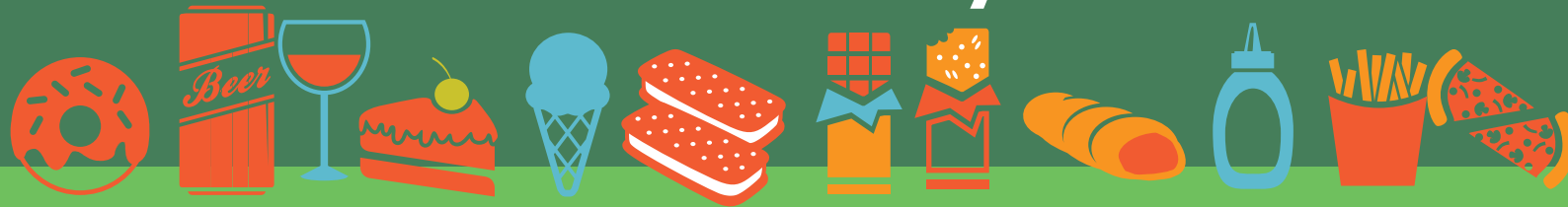


How occasional foods fit into a healthy diet



OCCASIONAL FOODS or discretionary choices are those foods and drinks that we enjoy eating, but are not a necessary part of our diet. These foods and drinks like cakes, biscuits, chips and beer tend to be high in kilojoules (calories) and low in essential nutrients. They also tend to be high in saturated fat, added salt, added sugars or alcohol.

We need to be mindful about the amount of occasional foods (OFs) we consume, and their serve size, to avoid gaining weight. It is helpful to understand:

- How many serves of occasional foods (OF) you can have
- What a serve size of occasional foods (OF) looks like
- How many serves of occasional foods (OF) there are in the average portion size, i.e. the amount you actually consume. For example, the average portion size of a regular chocolate bar is 50g, however this is 2 OF serves.

To estimate how many serves of OF is recommended for you every day, input your data into the Eat For Health calculator at www.eatforhealth.gov.au/webform/average-recommended-number-serves-calculator

The results will provide information on the number of serves you can eat from each core food group and OFs/discretionary choices.

Example for a 30 year old female (not pregnant or breastfeeding):

Food Group	Average Daily Serves
Veg, legumes, beans	5
Fruit	2
Grains, mostly wholegrain	6
Lean meat, fish, eggs, tofu, nuts, legumes	2.5
Milk, yoghurt, cheese	2.5
Additional serves from 5 food groups, or fats/oils or discretionary choices	0-2.5

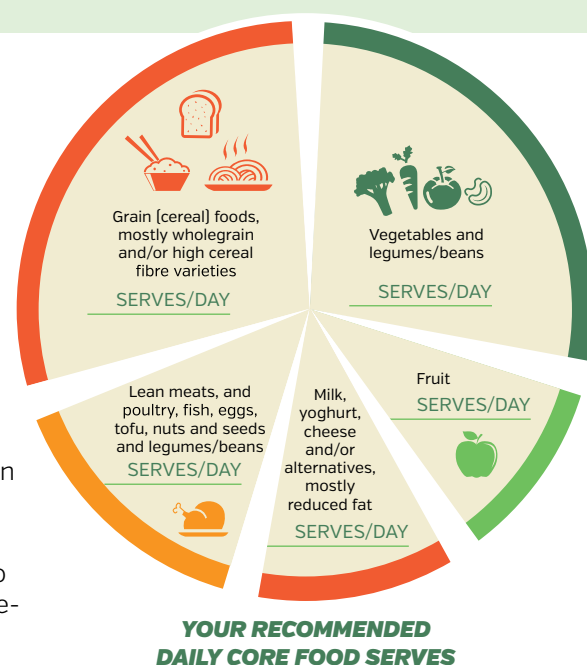
CORE FOODS AND OCCASIONAL FOODS – where do they fit into healthy eating?

If you are not overweight, and are more active or taller than others you may require extra serves of food. It is best if these extra kilojoules come from core food groups like wholegrain cereals, vegetables including legumes/beans and fruit as these contribute additional nutrients. However OFs can sometimes be included to add variety and enjoyment.

If your aim is weight loss, your OF serves may need to be reduced as they add kilojoules and are low in essential nutrients.

The following guide provides examples of OF serves versus actual portion sizes of common discretionary foods to help you manage your daily diet. Your dietitian can provide tailored advice to meet your needs.

The aim of this guide is to provide food-based educational information to improve understanding and interpretation of the Australian Dietary Guidelines. It has been developed based on original research [Fayet-Moore & Pearson. 2015. Nutrients, 7, 2026-2043; doi:10.3390/nu7032026].



**1 OF = 600kJ
(143 calories)**

GREEN NUMBERS = OCCASIONAL FOOD (OF) SERVES E.G. 2½

1. Alcoholic Beverages



White wine
(Regular or Sparkling)
1 glass
(150 ml)



Red wine
1 glass
(150 ml)



Beer
(full strength)
1 can
(375 ml)



Beer
(light)
1 can
(375 ml)



Alcopop
1 bottle
(330 ml)



Cider
1 bottle
(330 ml)



Spirits
1 nip
(30 ml)



Cocktail
1 glass
(150 ml)

2. Non-Alcoholic Beverages



Energy drink
1 can
(250 ml)



Sports drink
1 bottle
(600 ml)



Vitamin water
1 bottle
(500 ml)



Soft drink
1 can
(375 ml)



Diet Soft drink
1 can
(375 ml)



Flavoured water
/ iced tea
1 cup (250 ml)



Cordial
1 cup
(250 ml)



Diet Cordial
1 cup
(250 ml)

3. Confectionary



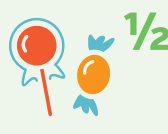
Chocolate bar
1 regular bar
(50 g)



Chocolate coated wafers
2 wafers
(23 g)



Chocolate coated fruit and nuts
1 small handful
(30 g)



Lollies
2-3 small lollies (10 g)



Rocky road
1 medium piece
(45 g)



Fun-size chocolate bar
1 treat size bar
(20 g)



Jelly snakes
2 snakes
(20 g)

4. Dessert Foods



Chocolate pudding
1 regular serve
(90 g)



Ice block
(fruit juice based)
1 stick (75 g)



Chocolate mousse
1 cup (180 g)



Pavlova
1 piece
(75 g)



Ice cream
(vanilla/flavoured)
2 level scoops
(75 g)



Chocolate-coated ice cream
1 bar (91 g)

5. Sweet Biscuits and Bars



Plain sweet biscuits
2 biscuits
(20 g)



Chocolate or chocolate coated biscuits
2 biscuits (26 g)



Cream filled biscuits
2 biscuits (37 g)















Muesli or breakfast bars
1 bar (28 g)



Puffed rice bars
1 bar
(22 g)







6. Bakery Products

 2½	 2	 2	 1½	 3½	 2
Lamingtons 1 lamington [125 g]	Sponge cake [cream and jam] 1 slice [88 g]	Chocolate cake, iced 1 medium slice [88 g]	Banana cake 1 medium slice [60 g]	Cheesecake 1 medium slice [140 g]	Rich fruit cake 1 medium slice [88 g]
 1½	 3½	 2	 2	 2½	 1½
Sweet muffins 1 medium muffin [80 g]	Doughnuts 1 doughnut [129 g]	Caramel slice 1 slice [177 g]	Plain croissant 1 croissant [70 g]	Fruit pie 1 Individual pie [150 g]	Cupcake 1 cupcake [55 g]









Portion distortion: how portion size impacts on OF serves

 1	 1½	 3½
1 small muffin [55 g] 650 kJ	1 medium muffin [80 g] 940 kJ	1 large muffin [170 g] 2010 kJ
SMALL	MEDIUM	LARGE

7. Savoury Foods and Snacks

 1½	 1½	 1	 ½	 1½	 1½
Potato crisps 1 snack packet [50 g]	Savoury-flavoured crackers 4 medium biscuits [36 g]	Buttered popcorn 1 small cinema- sized bucket [30 g]	Savoury mix 1 packet [25 g]	Corn chips 1 packet [50 g]	Cheese rings 1 packet [50 g]

8. Sauces, Syrups, Spreads and Dips

 ½	 1	 1	 1	 ½	 1	 1½	 1
BBQ sauce 2 tablespoons [40 g]	Creamy salad dressings 2 tablespoons [40 g]	Chocolate hazelnut spread Thick spread [20 g]	Honey 1 tablespoon [30 g]	Jam 1 tablespoon [30 g]	Butter Thick spread [20 g]	Cream 2 tablespoons [40 g]	Creamy dips [e.g. French onion] 2 tablespoons [40 g]

**1 OF = 600kJ
(143 calories)**

GREEN NUMBERS = OCCASIONAL FOOD (OF) SERVES E.G. 2½

9. Deli Meats



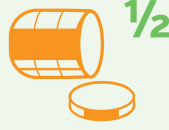
2

Streaky bacon
2 rashers (70 g)



½

Prosciutto
2 slices (42 g)



½

Mortadella
2 slices (24 g)



1½

Salami
2 slices (50 g)



3

Sausages
2 thin sausages
(including frankfurter) (94 g)

10. Takeaway and Frozen Foods



3

Meat pie
1 individual
pie (175 g)



3

Sausage roll
1 roll (140 g)



1

**Spring roll,
deep-fried**
1 roll (65 g)



3

**Takeaway
pizza**
2 slices (154 g)



3

**Takeaway
hamburger**
1 burger (200 g)



2

Hot chips
1 regular bucket
(100 g)



2

Creamy style quiche
1 medium slice
(100 g)

Portion distortion: how portion size impacts on OF serves



1 small bucket (70 g)
720 kJ
1

SMALL



1 regular bucket (100 g)
1030 kJ
2

MEDIUM



1 large bucket (240 g)
2470 kJ
4

LARGE

Healthy Active Lifestyle Tips...

Get more active

- Walk to the corner shops instead of driving
- Take the stairs instead of the escalators or lifts
- Go for a brisk walk during your lunch break, even if it is only for 10-15 min

Get portion size right

- Serve food on smaller plates or bowls
- Think twice before going back for seconds¹
- Divide up the contents of one large package into several smaller containers or bowls
- Share a dessert rather than have your own¹

Eat mindfully²

- Eat slowly without distractions such as sitting in front of the television
- Put your cutlery down between mouthfuls, or sip water in between swallows to slow your pace
- Concentrate on how a food looks, smells, tastes and feels in your mouth and stomach

Eat more core foods, less OFs

- Try new healthy meal and snack ideas from eatforhealth.gov.au³
- Plan your meals and snacks when you are away from home⁴
- Include extra vegetables and salad when eating out⁴
- Satisfy your thirst with water before you go out⁴

Commonly consumed occasional foods are included in this brochure. It is not an exhaustive list.

It is important to remember that this is general information only. It is not medical advice, and you shouldn't make any health decisions based on this information without first consulting your doctor or accredited practising dietitian for individual dietary advice

This brochure is based on the Australian Dietary Guidelines [<http://www.eatforhealth.gov.au>. Accessed 29th July 2014].

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