

Mother's Diet

(Recommended daily intake)

EAT LEAST – Poly & mono unsaturated margarine, butter, oil, fats & sugar. **20-40 g** (1 teaspoon oil=5g; 1 teaspoon butter/margarine = 7g)

EAT MODERATELY – Milk, yoghurt, cheese, **1 serve** plus lean meat, poultry, fish, legumes. (Grill, bake, microwave or steam, avoid frying) **1 serve** = 100g lean meat or poultry
= 120 g fish = 1 cup cooked beans. Eggs – 3-4 a week. Nuts are a source of protein.

EAT MOST – Cereals, bread, (low grain, low salt varieties) **6-9 serves** fruit and vegetables (fresh or frozen recommended) **7+ serves**
1 serve = 1 cup porridge/cereal = 1 slice bread = 1 cup pasta = ½ cup cooked rice = one third cup vegetables = 1 piece fruit
(For vitamin C include: citrus, berry fruit, tomato, capsicum – for vitamin A include dark green or yellow fruit & vegetables e.g.: carrot, pumpkin, spinach, broccoli, cabbage, apricot, rockmelon, mango.)