**DISCRETIONARY FOODS** 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.

For good health and weight management, we need to be mindful about how many serves of food, especially discretionary foods (DF) we consume and their portion size. This brochure will help you find out:

- How many serves of discretionary foods (DF) you can have
- What an average portion of these foods looks like
- How many discretionary food (DF) serves this is. For example, the average portion of a regular chocolate bar is 50g, however this is 2 DF serves.

<table>
<thead>
<tr>
<th>Client Name:</th>
<th>Current DF serves/day:</th>
<th>Recommended DF serves/day:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight/BMI:</td>
<td>Current DF serves/week:</td>
<td>Recommended DF serves/week:</td>
</tr>
<tr>
<td>Activity Level:</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**CORE FOODS AND DISCRETIONARY 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 are high in essential nutrients. However DF can sometimes be included to add variety and enjoyment.

If your aim is weight loss, your DF serves may need to be reduced as they add kilojoules and are low in essential nutrients. Refer to the *Australian Guide to Healthy Eating* to find out your recommended number of core food serves. Your dietitian can provide tailored advice to meet your needs.

### Fill in your recommended daily food serves

1. Deli Meats

- **2**
  - Streaky bacon
    - 2 rashers (70 g)

- **½**
  - Prosciutto
    - 2 slices (42 g)

- **1**
  - Mortadella
    - 2 slices (50 g)

- **1½**
  - Salami
    - 2 slices (50 g)

- **2½**
  - Sausages
    - 2 thin sausages (including frankfurter) (94 g)

2. 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)

- **1½**
  - Hot chips
    - 1 regular bucket (100 g)

- **2**
  - Creamy style quiche
    - 1 medium slice (100 g)

3. Confectionary

- **2**
  - Chocolate bar
    - 1 regular bar (50 g)

- **1**
  - Chocolate coated wafers
    - 2 wafers (23 g)

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

- **½**
  - Lollies
    - 2–3 small lollies (10 g)

- **1½**
  - Rocky road
    - 1 medium piece (45 g)

- **½**
  - Fun-size chocolate bar
    - 1 treat size bar (20 g)

- **½**
  - Jelly snakes
    - 2 snakes (20 g)

4. Dessert Foods

- **2**
  - Chocolate pudding
    - 1 regular serve (90 g)

- **½**
  - Ice block
    - [fruit juice based]
    - 1 stick (75 g)

- **4½**
  - Chocolate mousse
    - 1 cup (180 g)

- **1½**
  - Pavlova
    - 1 piece (75 g)

- **1½**
  - Ice cream
    - [vanilla/flavoured]
    - 2 level scoops (75 g)

- **1½**
  - Chocolate-coated ice cream
    - 1 bar (91 g)
## 5. Sweet Biscuits and Bars

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Serving Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plain sweet biscuits</td>
<td>2</td>
<td>(20 g)</td>
</tr>
<tr>
<td>Chocolate or chocolate coated biscuits</td>
<td>2</td>
<td>(26 g)</td>
</tr>
<tr>
<td>Cream filled biscuits</td>
<td>1½</td>
<td>(37 g)</td>
</tr>
<tr>
<td>Muesli or breakfast bars</td>
<td>1</td>
<td>(28 g)</td>
</tr>
<tr>
<td>Puffed rice bars</td>
<td>1</td>
<td>(22 g)</td>
</tr>
</tbody>
</table>

## 6. Bakery Products

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Serving Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lamingtons</td>
<td>1½</td>
<td>(125 g)</td>
</tr>
<tr>
<td>Sponge cake</td>
<td>2</td>
<td>(8 g)</td>
</tr>
<tr>
<td>Chocolate cake, iced</td>
<td>1½</td>
<td>(88 g)</td>
</tr>
<tr>
<td>Banana cake</td>
<td>1</td>
<td>(60 g)</td>
</tr>
<tr>
<td>Cheesecake</td>
<td>3½</td>
<td>(140 g)</td>
</tr>
<tr>
<td>Rich fruit cake</td>
<td>2</td>
<td>(88 g)</td>
</tr>
<tr>
<td>Sweet muffins</td>
<td>1½</td>
<td>(80 g)</td>
</tr>
<tr>
<td>Doughnuts</td>
<td>3½</td>
<td>(129 g)</td>
</tr>
<tr>
<td>Caramel slice</td>
<td>4</td>
<td>(177 g)</td>
</tr>
<tr>
<td>Plain croissant</td>
<td>2</td>
<td>(70 g)</td>
</tr>
<tr>
<td>Fruit pie</td>
<td>2½</td>
<td>(150 g)</td>
</tr>
<tr>
<td>Cupcake</td>
<td>1½</td>
<td>(55 g)</td>
</tr>
</tbody>
</table>

## Portion distortion: how portion size impacts on DF serves

- **Small**: 1 small muffin (55 g) = 650 kJ
- **Medium**: 1 medium muffin (80 g) = 940 kJ
- **Large**: 1 large muffin (170 g) = 2010 kJ

## 7. Savoury Foods and Snacks

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Serving Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potato crisps</td>
<td>1½</td>
<td>(50 g)</td>
</tr>
<tr>
<td>Savoury-flavoured crackers</td>
<td>1½</td>
<td>(36 g)</td>
</tr>
<tr>
<td>Buttered popcorn</td>
<td>1</td>
<td>(30 g)</td>
</tr>
<tr>
<td>Savoury mix</td>
<td>1½</td>
<td>(25 g)</td>
</tr>
<tr>
<td>Corn chips</td>
<td>1½</td>
<td>(50 g)</td>
</tr>
<tr>
<td>Cheese rings</td>
<td>1½</td>
<td>(50 g)</td>
</tr>
</tbody>
</table>
8. Sauces, Syrups, Spreads and Dips

- **BBQ sauce**: 2 tablespoons (40 g)
- **Creamy salad dressings**: 2 tablespoons (40 g)
- **Chocolate hazelnut spread**: 1 tablespoon (20 g)
- **Honey**: 1 tablespoon (30 g)
- **Jam**: 1 tablespoon (30 g)
- **Butter**: 1 tablespoon/ thick spread (20 g)
- **Cream**: 2 tablespoons (40 g)
- **Creamy dips** (e.g. French onion): 2 tablespoons (40 g)

9. 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)

10. 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)
- **Diet Cordial**: 1 cup (250 ml)
- **Cordial**: 1 cup (250 ml)

**Healthy 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 seconds
  - Divide up the contents of one large package into several smaller containers or bowls
  - Share a dessert rather than have your own

- **Eat mindfully**
  - 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

- **Be prepared when away from home**
  - Try new healthy meal and snack ideas from eatforhealth.gov.au
  - Plan your meals and snacks when you are away from home
  - Include extra vegetables and salad when eating out
  - Satisfy your thirst with water before you go out

Commonly consumed discretionary 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.


REFERENCES:

1 DF = 600kJ (143 calories)