

# How discretionary foods fit into a healthy diet



**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.

Client Name: \_\_\_\_\_ Current DF serves/day: \_\_\_\_\_ Recommended DF serves/day: \_\_\_\_\_

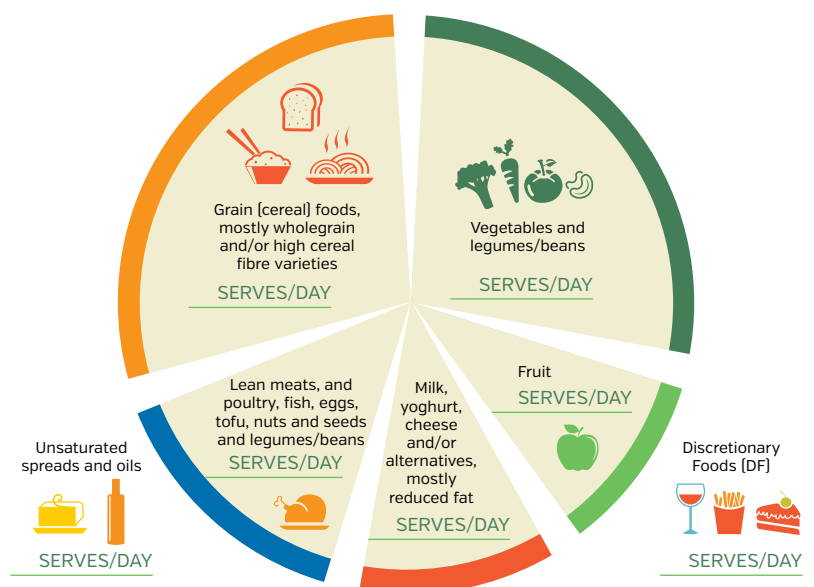
Weight/BMI: \_\_\_\_\_ Current DF serves/week: \_\_\_\_\_ Recommended DF serves/week: \_\_\_\_\_

Activity Level: \_\_\_\_\_

## 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**

<https://www.eatforhealth.gov.au/eat-health-calculators>

## 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]

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



1 small bucket [70 g]  
720 kJ  
1

SMALL



1 regular bucket [100 g]  
1028 kJ  
1½

MEDIUM



1 large bucket [240 g]  
2467 kJ  
4

LARGE

## 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]



1

**Ice cream  
[vanilla/flavoured]**  
2 level scoops  
[75 g]



1½

**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]

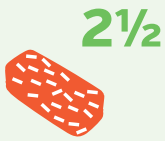


Muesli or breakfast bars  
1 bar [28 g]



Puffed rice bars  
1 bar [22 g]

## 6. Bakery Products



Lamingtons  
1 lamington  
[125 g]



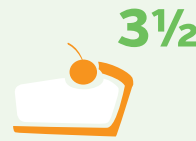
Sponge cake [cream and jam]  
1 slice  
[88 g]



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]



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 DF serves



1 small muffin  
[55 g]  
650 kJ  
1

SMALL



1 medium muffin  
[80 g]  
940 kJ  
1½

MEDIUM



1 large muffin  
[170 g]  
2010 kJ  
3½

LARGE

## 7. Savoury Foods and Snacks



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

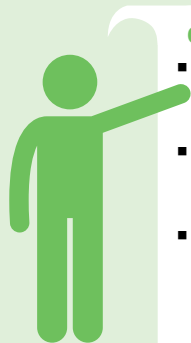
## 9. Alcoholic Beverages

 ½	 ½	 1	 ½	 1	 1	 ½	 ½
<b>White wine [Regular or Sparkling]</b> 1 glass [150 ml]	<b>Red wine</b> 1 glass [150 ml]	<b>Beer [full strength]</b> 1 can [375 ml]	<b>Beer [light]</b> 1 can [375 ml]	<b>Alcopop</b> 1 bottle [330 ml]	<b>Cider</b> 1 bottle [330 ml]	<b>Spirits</b> 1 nip [30 ml]	<b>Cocktail</b> 1 glass [150 ml]

## 10. Non-Alcoholic Beverages

 1	 1	 ½	 1	 0	 1	 ½	 0
<b>Energy drink</b> 1 can [250 ml]	<b>Sports drink</b> 1 bottle [600 ml]	<b>Vitamin water</b> 1 bottle [500 ml]	<b>Soft drink</b> 1 can [375 ml]	<b>Diet Soft drink</b> 1 can [375 ml]	<b>Flavoured water / iced tea</b> 1 cup [250 ml]	<b>Cordial</b> 1 cup [250 ml]	<b>Diet Cordial</b> 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<sup>1</sup>
- Divide up the contents of one large package into several smaller containers or bowls
- Share a dessert rather than have your own<sup>1</sup>

### Eat mindfully<sup>2</sup>

- 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](http://eatforhealth.gov.au)<sup>3</sup>
- Plan your meals and snacks when you are away from home<sup>4</sup>
- Include extra vegetables and salad when eating out<sup>4</sup>
- Satisfy your thirst with water before you go out<sup>4</sup>

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

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

#### REFERENCES:

1. Australian Government. 2013. Swap it, don't stop it: <http://swapit.gov.au/ways-to-swap>. Accessed 29th July 2014.
2. National Health and Medical Research Council. 2013. Eat for health: <http://www.eatforhealth.gov.au/food-essentials/how-much-do-we-need-each-day/what-serve>. Accessed 29th July 2014.
3. <http://www.eatforhealth.gov.au/eating-well/healthy-recipes>. Accessed 29th July 2014
4. <http://www.eatforhealth.gov.au/eating-well/tips-eating-well/eating-away-home>. Accessed 29th July 2014

