

FOOD	SERVING SIZE (equivalent to one CSIRO Unit)	Mon	Tues	Wed	Thur	Fri	Sat	Sun
VEGETABLES (MINIMUM 5 units a day)								
Cooked Vegetables	1 cup (150g)							
Raw salad vegetables	2 cups (150g)							
Raw leafy green vegetables	2 cups (150g)							
Asparagus	1 cup							
Bok choy	1 cup							
Broccoli	1 cup							
Brussels sprouts	1 cup							
Carrot	1 cup							
Cauliflower	1 cup							
Corn	1 cup							
Eggplant	1 cup							
Green peas (cooked)	0.5 cup							
Mushroom	1 cup							
Rocket	1 cup							
Spinach	1 cup							
Tomato	1 medium							
MINIMUM Daily Units (MDUs)		5+	5+	5+	5+	5+	5+	5+
HEALTHY FATS AND OILS (Maximum 4 units per day)								
Avocado	1 Tbspn (20g)							
Cashews, almonds and pistachios	7g							
LSA (linseed, soy and almond meal)	1 Tbspn (30g)							
Margarine, rice bran or grapeseed oil	1 tspn (5g)							
Nuts (7 almond, 7 cashews, 3 brazil nuts)	7g							
Oil - extra virgin olive, canola or sunflower	1 tspn (5ml)							
Maximum Daily Units (MDUs)		4	4	4	4	4	4	4
Indulgence Foods (9 units a WEEK)								
Wine	150ml							
Spirits	30ml							
Beer	375ml							
Chocolate	20g							
Jam, honey, marmalade, maple syrup	45g (1 tblspn)							
Confectionary, lollies	30g (4-5)							
Potato chips, corn chips, savoury snack foods	20g							
Deep fried hot chips	8							
Sauce (tomato, sweet chilli, plun or barbecue)	40g							
Muesli bar	1							
Plain sweet biscuit (arrowroot or shortbread)	2							
Cake or sweet bun	40g							
Rice Crackers	10-Dec							
Maximum Daily Units (MDUs)		1.3	1.3	1.3	1.3	1.3	1.3	1.3

* Adapted from The CSIRO Healthy Gut Diet

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