

What about all the other foods that you eat?



Some foods do not fit into the five food groups. They are not essential to provide the nutrients the body needs and some contain too much added fat, salt and sugars. These foods are likely to contribute large amounts of energy. However, they can add to the enjoyment of eating a healthy diet.

Examples include biscuits, cakes, desserts, pastries, soft drinks; high fat snack items such as crisps, pies, pasties, sausage rolls and other takeaways; lollies and chocolate. Choose these foods sometimes or in small amounts.

How much extra food is needed every day?

The range for people four years and over is between 0 and 3 sample serves each day. Use the information on pages 19, 20 and 21 to decide how many sample serves you wish to eat. You may choose to eat more from the five food groups instead of extra foods.

People who are very active or growing rapidly can eat more extra foods than people who are inactive or trying to lose weight.

Alcoholic drinks are not essential to provide the nutrients the body needs. They should only be consumed sometimes, in small amounts or not at all. Alcohol is not recommended for children, pregnant or breastfeeding women.

What about the fats and oils?



Margarine and oil also fit into this group of foods which you should only 'eat sometimes or in small amounts'. You can achieve this with these foods in the following ways:

- Spread margarine thinly on your bread and toast.
- Use only a small amount of oil or margarine in food preparation and cooking.

Unsaturated fats are a type of fat found in many oils and margarines. When you include them in a low fat diet they may have a positive benefit for your health by lowering cholesterol levels in your blood. These fats are known as either 'polyunsaturated' or 'monounsaturated'. Sunflower, safflower, corn and soya bean oils are mainly polyunsaturated. Olive, peanut and canola oils are mainly monounsaturated.

Saturated fats are a type of fat that can increase your risk of heart disease and so are not recommended. They are found in large quantities in butter, lard and dripping. Saturated fats are also found in vegetable fats and hydrogenated vegetable oils, which are often used in commercial foods. Foods that have these fats listed towards the top of the ingredients list on their label are likely to be high in saturated fat.

What is a sample serve of extra foods?

A SAMPLE SERVE OF *EXTRA FOODS* IS THE AMOUNT OF FOOD THAT PROVIDES 600 KJ. SOME EXAMPLES ARE:

- 1 (40 G) DOUGHNUT
- 4 (35 G) PLAIN SWEET BISCUITS
- 1 SLICE (40 G) PLAIN CAKE
- 1/2 SMALL BAR (25 G) CHOCOLATE
- 2 TABLESPOONS (40 G) CREAM, MAYONNAISE
- 1 TABLESPOON (20 G) BUTTER, MARGARINE, OIL
- 200 ML WINE (2 STANDARD DRINKS)
- 60 ML SPIRITS (2 STANDARD DRINKS)
- 600 ML LIGHT BEER (1 1/2 STANDARD DRINKS)
- 400 ML REGULAR BEER (1 1/2 STANDARD DRINKS)
- 1 CAN (375 ML) SOFT DRINK
- 1/3 (60 G) MEAT PIE OR PASTIE
- 12 (60 G) HOT CHIPS
- 1 1/2 SCOOPS (50G SCOOP) ICECREAM.

