

Number of serves

To aim for each day to help lower your risk of cancer

At least



5 serves of vegetables
legumes and beans



2 serves of fruit



6 serves of grains
wholegrain & wholemeal



2.5 serves of lean meat & poultry
fish, eggs, nuts & seeds & legumes/beans



2.5 additional serves
Tall or active people choose from the food groups above



This guide is for adults aged 19–50 years. Visit eatforhealth.gov.au for recommended serves of dairy and lean meat & poultry which are also a part of an everyday healthy dietairy has not been proven to reduce your risk of cancer.