



Body Mass Index (BMI)

Why is my body weight important?

Maintaining a healthy weight is an important part of your overall wellbeing. Being overweight and having too much body fat can affect your mobility and increase your risk of injury. Even losing a small amount of weight can make a huge difference to your health.

What is Body Mass Index (BMI)?

Body mass index (BMI) is a way of measuring body fat based on your height and weight. It applies to men and women over 18 years of age.

Calculating your BMI: [Download Graph here.](#)

Nutrition

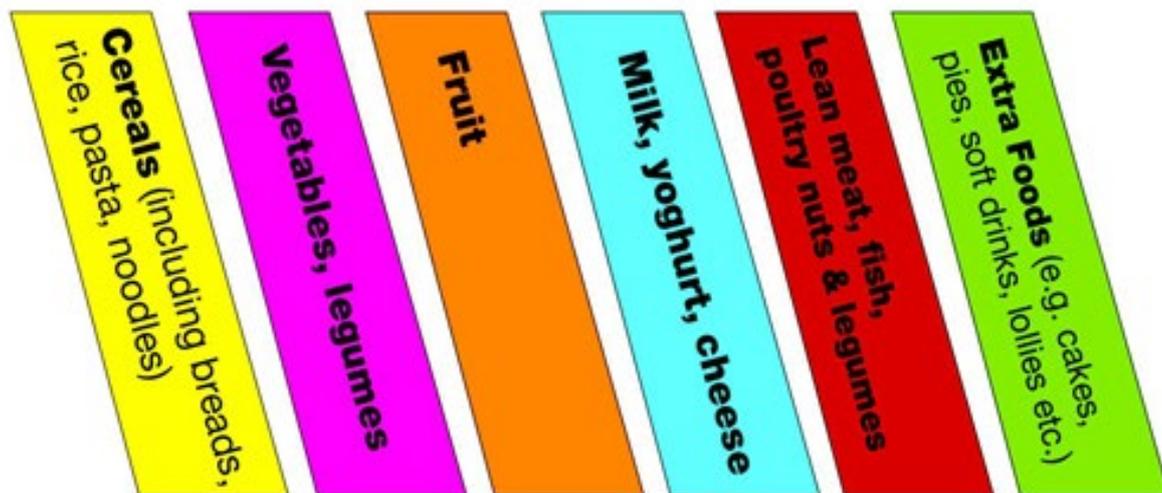
Maintaining a balanced diet ensures the body is provided with essential minerals and nutrients to keep it functioning optimally.

A healthy diet is made up of;

- Fresh fruit and vegetables
- Whole grain foods and legumes
- Lean meats, poultry and seafood
- Low fat dairy

How many of these foods should we eat on average each day?

That depends on your body size, your activity level and whether you are trying to lose weight. But in general, a person of average size trying to maintain a healthy weight should aim for the following serves per day.



Women						
19-60 years	4 - 9	5	2	2	1	0 - 2 ½
60+ years	4 - 7	5	2	2	1	0 - 2
Pregnant	4 - 6	5 - 6	4	2	1 ½	0 - 2 ½
Breast feeding	5 - 7	7	5	2	2	0 - 2 ½
Men						
19 - 60 years	6 - 12	5	2	2	1	0 - 3
60+ years	4 - 9	5	2	2	1	0 - 2 ½

Information taken from *Food for Health. Dietary Guidelines for Australians – a guide to healthy eating*. Commonwealth Department of Health and Ageing and the National Health & Medical Research Council, 1993. Copyright Commonwealth of Australia reproduced by permission.

What is a serve?

Cereals (including breads, rice, pasta and noodles)

- 2 slices of bread
- 1 medium bread roll
- 1 cup of cooked pasta, noodles, rice
- 1 cup of porridge
- 1 cup of breakfast cereal flakes
- 2 wheat or oat breakfast biscuits
- 1/2 cup of muesli

One serve is the equivalent to any one of the selections below:

- 250ml glass or one cup of milk
- 40g (2 slices) cheese
- 1 cup custard
- 200g (1 small tub) yoghurt

Vegetables

One serve of vegetables is 75 grams or:

- 1/2 cup cooked vegetables
- 1 medium potato
- 1 cup salad vegetables
- 1/2 cup cooked legumes (dried beans, peas or lentils)

Lean meat, fish, poultry, nuts and legumes

One serve is the equivalent to any one of the selections below:

- 65-100g cooked meat/chicken
- (e.g. 1/2 cup mince/2 small chops/2 slices of roast)
- 30-120g cooked fish fillet
- 2 small eggs

Fruit

One serve of fruit is 150 grams of fresh fruit or:

- 1 medium-sized piece (e.g. apple)
- 2 smaller pieces (e.g. apricots)
- 1 cup canned or chopped fruit
- 1/2 cup (125mL) 100% fruit juice
- 1 1/2 tablespoon dried fruit (e.g. sultanas or 4 dried apricot halves)

Extras for variety

One serve is the equivalent to any one of the selections below:

- 1 medium piece of plain cake
- 3-4 sweet biscuits
- 1/2 chocolate bar
- 1 tablespoon honey
- 30g potato chips
- 1 slice pizza = 2 extras
- 1 can soft drink/2 glasses cordial
- 2 scoops ice cream
- 2 standard glasses alcohol

Milk, yogurt and cheese

