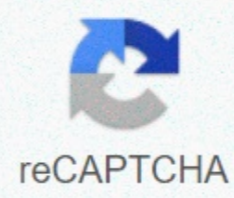




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# Australian recommended dietary guidelines

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Google Scholar Page 2 Skip to main content From: obedience to the guidelines and development of the Australian diet of depressive symptoms to 5 years of follow-up among women in the study of the READI Food Group Survey Question Number of response options Response options How many vegetables do you usually eat a day? 8 "I don't eat vegetables" to "6 serving or more/day" On how many potatoes you usually eat a week? 8 "I don't eat potatoes" to "6 serve or more / week" Fruit About how many fruit you usually eat a day? 8 "I don't eat fruit" to "6 serve or (cereal) foods (bread; pasta, rice, noodles; breakfast cereal) How many slices of bread you usually eat a day? 8 "I don't eat bread" to "8 slices or more per day" In recent months, how often have you had the following? 9 "Never or less than once/month" to "6 or more times a day" Meat and alternatives (red meat; chicken; fish; dried beans / chickpeas; eggs; nuts) Last month, how often did you get the following? 9 "Never or less of once a month" to "6 or more times a day" Dairy (cheese; yogurt; milk; flavoured milk) Last month, how often did you get the following? 9 "Never or less than once/month" to "6 or more times a day" How many needs of normal milk in total you usually drink every day? 9 "Do not drink normal milk" to "10 or more serve / day" How much flavored milk in total you usually drink every day? 9 "Do not drink flavoured milk" to "10 or more portions/day" Dislitive food (hot chips; fries, salted snacks; cake donuts, sweet cookies; cakes, pastries, sausages; fast food; pizza; meat products) How many servings of hot chips, fries, wedges or fried potatoes usually eat a week? 8 "Do not eat chips" to "6 serve or more/week" In recent months, how often did you have the following? 9 "Never or less than once/month" to "6 or more times a day" Additive sugars (coated, lollies; soft drink; fruit juice) In the past month, on how often Did you get the following? 9 "never or less than once/month" to "6 or more times a day" How much soft drink do you usually drink every day? 9 "I don't drink soft drink" to "10 or more serving/day" How much juice do you drink every day? 9 "I don't make fruit juice" to "10 or more serving / day" Alcohol On the days when you were drinking alcohol, on how many glasses of beer, wine and / or spirits all drank usually? 11" don't drink alcohol" to "10 or more glasses per day" \\ australian dietary guidelines recommended daily intakes. australian dietary guidelines recommended serves. australian dietary guidelines (recommended servings per day). what is the recommended amount of sugar as stated by the australian government dietary guidelines. what is the recommended daily serving of vegetables according to the australian dietary guidelines. what are the 5 australian dietary guidelines. what are the 3 australian dietary guidelines

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