



What is a serve?

Discretionary foods (or sometimes foods) are called that because they are not a necessary part of our regular diet. They are high in kilojoules (kJ) or energy, saturated fat, added sugars, and added salt. One 'serve' of a sometimes food contains 600kJ.

A package or portion of food you buy may not be one serve, so check the nutrition information panel to know how many serves are in the food you eat.

When we eat sometimes foods, they can take the place of more nutritious foods, like fruits, vegetables, and dairy foods. Eating sometimes foods too often can increase the risk of being above a healthy weight. Knowing what a serve of sometimes food is can help you be mindful of what you eat.



2-3 sweet plain biscuits



5-6 squares of a standard chocolate bar



Around 15-20 thin-cut crisps



2 slices of salami or ham



1 small slice of cake



1/3 large muffin



1/3 vanilla slice



1/2 single custard tart



2 small fried chicken nuggets



1/2 sausage sizzle



Less than 1/2 cheeseburger



1/3 chicken burger



10-15 thin hot chips



Just over 1/2 a bubble tea



Less than 1/4 of a medium frappe



250ml of energy drink



Less than 1 bottle of sports drink



250ml flavoured milk



1 can (375ml) non-diet soft drink