

Recommended daily food intake table fact sheet

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|--|---|--|--|
| Food Groups: | Cereal, bread, rice, pasta, noodles | vegetables, legumes | Fruit |
| A single serve size is equal to one of these: | 1 cup cereal; or 2 slices bread; or 1 cup cooked rice, pasta or noodles | 1/2 cup cooked vegetables or legumes; or 1 cup salad | 1 medium or 2 small pieces; or 1 cup chopped or canned |

Children and Teenagers

| | | | |
|-------------|-------------|----------|----------|
| 4-7 years | 5-7 serves | 2 serves | 1 serve |
| 8-11 years | 6-9 serves | 3 serves | 1 serve |
| 12-18 years | 5-11 serves | 4 serves | 3 serves |

Women

| | | | |
|---------------|------------|------------|----------|
| 19-60 years | 4-9 serves | 5 serves | 2 serves |
| 60+ years | 4-7 serves | 5 serves | 2 serves |
| Pregnant | 4-6 serves | 5-6 serves | 4 serves |
| Breastfeeding | 5-7 serves | 7 serves | 5 serves |

Men

| | | | |
|-------------|-------------|----------|----------|
| 19-60 years | 6-12 serves | 5 serves | 2 serves |
| 60+ years | 4-9 serves | 5 serves | 2 serves |

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|--|--|---|---|
| Food Groups: | Milk, yoghurt, cheese | Lean meat, fish, poultry, eggs, nuts & legumes | Extra foods (softdrink, pie, oil, chips, sweets, etc) |
| A single serve size is equal to one of these: | 250ml glass; or 200g yoghurt; 40g or 2 slices cheese | 65-100g cooked lean meat, fish, or poultry; or 2 eggs; or 1/3 cup nuts or 1/2 cup legumes | 1 small piece cake; or just 1/2 pizza slice; or just 1/3 meat pie; or 1 can (375ml) soft drink; or just 12 hot chips. |

Children and Teenagers

| | | | |
|-------------|----------|-----------|------------|
| 4-7 years | 2 serves | 1/2 serve | 1-2 serves |
| 8-11 years | 2 serves | 1 serve | 1-2 serves |
| 12-18 years | 3 serves | 1 serve | 1-3 serves |

Women

| | | | |
|---------------|----------|------------|--------------|
| 19-60 years | 2 serves | 1 serve | 0-2.5 serves |
| 60+ years | 2 serves | 1 serve | 0-2 serves |
| Pregnant | 2 serves | 1.5 serves | 0-2.5 serves |
| Breastfeeding | 2 serves | 2 serves | 0-2.5 serves |

Men

| | | | |
|-------------|----------|---------|--------------|
| 19-60 years | 2 serves | 1 serve | 0-3 serves |
| 60+ years | 2 serves | 1 serve | 0-2.5 serves |