



PORTION SIZES

GRAINS

1 serve =



- 1 slice of bread
- ½ roll or wrap
- ½ cup cooked grains – pasta, rice, quinoa, noodles
- ½ cup porridge
- 2/3 cup cereal
- ¾ cup muesli
- 1 crumpet
- 1 English muffin

PROTEIN

1 serve =



- 65g cooked red meat (beef, lamb, pork)
- 80g cooked poultry (chicken, turkey)
- 100g cooked fish
- 2 eggs
- 1 cup legumes
- 170g tofu
- 80g nuts and seeds

FRUIT

1 serve =



- 1 medium piece of fruit (banana, apple, orange)
- 2 small pieces of fruit (kiwi fruits, apricots)
- 1 cup of diced fruit

VEGETABLES

1 serve =



- 1 cup raw vegetables
- ½ cup cooked vegetables
- ½ cup cooked legumes
- ½ potato
- 1 tomato

DAIRY OR/ALTERNATIVES

1 serve =



- 1 cup milk – cows or fortified plant milk
- 200g yoghurt



- 40g hard cheese
- ½ cup ricotta cheese

Recommended number of serves each day

Age (years)	Grains	Protein	Fruit	Veg	Dairy and/or alternatives
1-2	4	1	½	2-3	1 – 1½
2-3	4	1	1	2½	1½
4-8	4	1½	1½	4½	1½
9-11	4	2½	2	5	3
12-13	5	2½	2	5	3½
14-18	7	2½	2	5	3½
19-50	6	2½	2	5	2½
51-70	4	2	2	5	4
70+	3	2	2	5	4
Pregnant	8½	3½	2	5	2½
Breastfeeding	9	2½	2	5½	2½

Females

Age (years)	Grains	Protein	Fruit	Veg	Dairy and/or alternatives
1-2	4	1	½	2-3	1 – 1½
2-3	4	1	1	2½	1½
4-8	4	1½	1½	4½	2
9-11	5	2½	2	5	2½
12-13	6	2½	2	5½	3½
14-18	7	2½	2	5½	3½
19-50	6	3	2	6	2½
51-70	6	2½	2	5½	2½
70+	4½	2½	2	5	3½

Males