

| Food Group  | What food is included?   | What counts as 1 portion?   | How much each day?   | Hints and tips  |
|---|--|---|--|---|
| <b>Fruit and Vegetables</b>   | Fresh, frozen, canned, dried or juice  | 1 portion is a <b>heaped handful</b> of fruit or vegetables, or a small glass of fruit juice<br>Portion sizes vary for each individual  | At least <b>5 portions</b> of different fruit and veg per day                            | <ul style="list-style-type: none"> <li>• Eat a <b>wide variety</b> of fruit and vegetables</li> <li>• Best to steam, boil, grill, microwave or stir fry vegetables</li> <li>• Choose tinned fruit in their natural juice</li> <li>• Drink juice at meal times to protect teeth</li> </ul>                     |
| <b>Potatoes, bread, rice, pasta (and other starchy carbohydrates)</b> | <b>Bread</b> <b>Crumpet</b><br><b>Pasta</b> <b>Tortilla wraps</b><br><b>Rice</b> <b>Pitta bread</b><br><b>Potatoes</b> <b>Crackers</b><br><b>Cereal</b> <b>Noodles</b><br><b>Porridge</b> <b>Toast</b> | 1 portion is a <b>heaped handful</b> or the size of a fist<br><br>Portion sizes vary for each individual  | Have <b>3 meals each day</b> with <b>1 to 2</b> portions at every meal                   | <ul style="list-style-type: none"> <li>• Try to eat <b>wholemeal</b> types as they keep us fuller for longer and stop you feeling hungry.</li> <li>• Best to microwave, boil or cook in the oven. Try to avoid frying and roasting in lots of fat.</li> <li>• Avoid adding too much butter/spreads</li> </ul> |
| <b>Beans, pulses, fish, eggs, meat (and other proteins)</b>           | <b>Beef</b> <b>Pork</b> <b>Lamb</b><br><b>Mince</b> <b>Fish</b> <b>Chicken</b><br><b>Quorn</b> <b>Eggs</b> <b>Nuts</b><br><b>Baked beans</b>   | Size of palm<br><br>Portion sizes vary for each individual  | <b>2</b> portions a day ( <b>3</b> for vegetarians)<br><br>Try to include some oily fish | <ul style="list-style-type: none"> <li>• Choose <b>lower fat</b> versions whenever you can e.g. meat with fat cut off, poultry without the skin, fish without batter.</li> <li>• Try to avoid cooking them in fat</li> <li>• Grill, steam, poach, bake, microwave or boil instead of frying</li> </ul>        |
| <b>Dairy and alternatives</b>   | <b>Milk</b> <b>Cheese</b><br><b>Yoghurt</b> <b>Fromage frais</b><br><b>Cottage cheese</b><br><b>Soft cheese</b>  | <b>4-10</b> year old:<br>1 glass of milk 130-150ml<br>Yoghurt 100-125g, Cheese 20-25g<br><b>11-18</b> year old:<br>1 glass of milk 200-250ml<br>Yoghurt 200-250g, 30-45g of cheese<br><b>Adults:</b><br>1 glass of milk 200ml<br>Yoghurt 150g, Cheese 25g | <b>3</b> portions a day  | <ul style="list-style-type: none"> <li>• Try to choose lower fat versions e.g. low fat cheese, skimmed or semi-skimmed milk</li> </ul>  |
| <b>Oils and Spreads</b>   | <b>Vegetable Oil</b> <b>Olive Oil</b><br><b>Low fat spread</b>   | Very thinly spread low-fat spread<br>Small drop of vegetable/olive oil  | No specified amount – just small amounts   | <ul style="list-style-type: none"> <li>• Eat <b>small amounts</b></li> <li>• Spread low-fat spread thinly</li> <li>• Only use a small drop of vegetable/olive oil</li> </ul>  |

