

Food group

Minimum daily requirement (1,000–2,000 kcal)

one
two
three
four
five

Bread and cereals	3–8 portions
Meat, fish and vegetarian alternatives	2 portions
Fruit and vegetables	5–7 portions
Milk and dairy products	2–3 portions
Extras	1–7 portions (50 kcal each portion)
Fluid	8–10 glasses of water

one Bread and cereals

One portion is equivalent to either:

Breakfast cereal (3 tablespoons, 20 g)	Boiled noodles or cous cous (60 g)
Dry porridge oats (3 tablespoons, 20 g)	Cooked pasta (3 tablespoons, 75 g)
Bread/toast (1 slice)	Biscuit (1 plain)
Bread roll (1/2)	Tortilla (1/2)
Bagel, pitta bread or chapatti (1/2)	Oven chips (15 medium, 150 g uncooked)
Naan bread (1/4)	Boiled potatoes (2 small)
Bread sticks (x 4)	Baked potato (1 medium)
Malt loaf (1 average slice)	Boiled rice (2 tablespoons, 50 g)

two Meat, fish and vegetarian

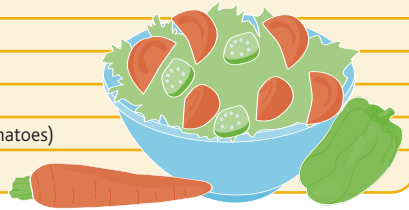
One portion is equivalent to either:

Beef, pork, lamb, mince, chicken, turkey or oily fish (60–90 g)	Cooked pulses, lentils, dahl or other beans (4 tablespoons, 150 g)
White fish or tuna in brine (140 g)	Nuts, e.g., cashews, almonds, peanuts (6–10)
Cold meat (2 thin slices, 60 g)	Baked beans (5 tablespoons, 120 g)
Sausages (2 grilled)	Eggs (x 2)
Full-fat cheese (60 g)	Peanut butter (30 g)
Reduced-fat cheese (100 g)	Soya, tofu or quorn (110 g)

three Fruit and vegetables

One portion is equivalent to either:

Apple, pear, orange, or peach (x 1)	Stewed or tinned fruit (2 tablespoons)
Grapefruit (1/2)	Dried fruit (1 tablespoon)
Plums (x 2)	Fruit juice (1 small glass, 100 ml)
Strawberries (x 7)	Cooked vegetables (3 tablespoons)
Apricots, dried dates or prunes (x 3)	Onion (1 medium)
Banana (1 small)	Mushrooms (8 medium)
Grapes (x 12)	Tomatoes (1 medium, or 6 cherry tomatoes)
Side salad (1 small)	



four Milk and dairy products

One portion is equivalent to either:

Milk (1/2 pint, 200 ml)
Yoghurt or fromage frais (1 small pot, 150 g)
Rice pudding (1 small pot, 150 g)
Hard cheese (30 g)
Cottage cheese (120 g)
Soft or cream cheese (40 g)

five Extras

One (50 kcal) portion is equivalent to either:

Butter or margarine (1 teaspoon, 5 g)	Jam, honey, or marmalade (2 teaspoons, 10 g)
Low-fat butter or margarine (2 teaspoons, 10 g)	Low-calorie hot chocolate drink made with water (1 full mug)
Cooking or salad oil (1 teaspoon, 5 g)	Sugar (2 teaspoons, 10 g, or 2 cubes)
Salad dressing or mayonnaise (1 tablespoon, 20 g)	Low-fat salad cream or dressing (1 1/2 tablespoons, 30 g)
Double cream (1/2 tablespoon, 10 g)	Gravy, made with instant granules (4–6 tablespoons)
Single cream (1 tablespoon, 20 g)	Low-fat cream cheese (1 tablespoon, 20 g)
Avocado (2 slices, 25 g)	Hummus (1 tablespoon, 20 g)

The following snacks and alcohol each count as three 'extra' portions (150 kcal):

Cereal bar (1 average)	Cake (1/2 small slice, 60 g)
Crisps (1 packet, 25 g)	Digestive biscuits (x 2)
Chocolate (1 bar, 30 g)	Yorkshire puddings (2 small)
Ice cream (1 average scoop)	Croissant (x 1)
Ice lolly (2 average)	Wine (1 small glass, 125 ml)
Doughnut (1/2 average)	Beer (1/2 pint, 250 ml)
Biscuits (2 average high-fat, e.g., chocolate digestive, shortbread, cream-filled)	Spirits (1 measure, 30 ml)