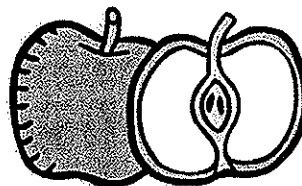


The Five Food Groups

The different types of foods that we eat everyday for breakfast, lunch, dinner and snacks are all part of the 5 Basic Food Groups.



Breads and Cereals

Grain products like bread, cereal, rice, and pasta are very good for you. These foods make you feel fuller for longer and provide you with lots of energy throughout the day. The foods in this group should make up the biggest part of what you eat each day.

→ **Daily Requirement:** 5-11 serves of Breads and Cereals are required each day.

Fruits and Vegetables

Fruits and Vegetables come in a range of colours and flavours, they are required in the diet because they contain many nutrients that help to keep our bodies strong and healthy.

Fruits: Banana, Apple, Watermelon, Orange, Passionfruit, Kiwi Fruit.

Vegetables: Potato, Pumpkin, Peas, Broccoli, Cauliflower.

- **Daily Requirement:** Vegetables- 4 serves.

Fruits- 3 serves.

Milk and Milk Products

The foods in this group are made from milk, they are important because all of the nutrients work together to keep our bones and teeth strong and healthy.

Foods in this group include; milk, cheese, yoghurt, custard etc.

Daily Requirement: 3 serves of milk and/ or milk products are required each day.

Meat and Meat Alternatives

This particular group contains foods which are vital for the growth and repair of the body.

- Meat Products are those which are derived from animals; such as beef, pork, lamb, fish, chicken, turkey.
- Meat Alternatives are those which provide similar nutrients to those found in meat products but are derived from products such as eggs, lentils, beans and nuts.

Daily Requirement: 1-3 serves of Meat and Meat alternatives is required each day.

Butter and Margarine

The foods in this group can be good for us when they are eaten along with foods from the other groups, however, eating too many of these foods can be a problem because they are usually high in fat, sugar and salt. Foods such as butter, margarine, lollies and chocolate bars fall into this category.

Daily Requirement: 1-2 serves of foods from this category can be consumed each day.

