

## Balanced Diet Servings

Eating a balanced diet just means that you choose foods in the right amounts from each of the food groups. Let me show you how it works.

### Grains

Food examples	What is a serving?	Daily serving from this group
Bread	2 slices	5 - 9 servings each day
Rolls	1 roll	
Cereal	1 cup	
Wheat Biscuits	one	
Pasta	1 cup	
Rice	1 cup	

### Vegetables

Food examples	What is a serving?	Daily serving from this group
Cooked veggies	Half a cup	4 or 5 servings each day
Medium potato	Half a cup	
Carrot [sliced]	Half a cup	
Broccoli	Half a cup	
Spinach	Half a cup	
Cauliflower	Half a cup	
Salad	One cup	

### Fruits

Food examples	What is a serving?	Daily serving from this group
Apple, banana, orange	1 piece	2 or 3 servings each day
Fruit juice	Small glass	
Raisins/sultanas	1-2 tablespoons	
Dried fruit	4 pieces	

### Diary

Food examples	What is a serving?	Daily serving from this group
Milk	250ml	2 – 4 servings each day
Yogurt	200g	
Cheese	40g	
Custard	250ml	

### Protein

Food examples	What is a serving?	Daily serving from this group
Beef, chicken, fish	Small portion	1 or 2 servings each day
Egg	One	
Peanut butter	1 tablespoon	
Baked beans	Half a cup	
Fish fingers	Two	