

GRAINS OR CEREALS: 4-6 serves a day. Each of these is one serve ...



VEGETABLES: 5+ serves a day. Each of these is one serve ...



FRUIT: 2 serves a day. Each of these is one serve ...



PROTEIN: 2-3 serves a day. Each of these is one serve ...



DAIRY OR ALTERNATIVES: 3-4 a day

Each of these is one serve ...



UNSATURATED FATS: 2-4 a day

Each of these is one serve ...



TREAT FOODS: not every day. Each of these is one serve ...



Choose the right portion