



Daily Servings Guide

Wholemeal cereals and breads, potatoes, pasta and rice

How many servings do I need a day?

The number of servings depends on age, size, if you are a man or a woman and on activity levels.

The average adult or young person needs 3–5 servings a day. Teenage boys and men (aged 19–50) need up to 7 servings. Overweight adults trying to get to a healthy weight will need less. Very active people will need more.

There is no guideline for inactive children as it is essential that all children are active.



Active	
Child (5–12)	3–4
Teenager (13–18)	4
Adult (19–50)	4–5
Adult (51+)	3–4
Inactive	
Teenager (13–18)	3
Adult (19–50)	3–4
Adult (51+)	3

Active	
Child (5–12)	3–5
Teenager (13–18)	5–7
Adult (19–50)	5–7
Adult (51+)	4–5
Inactive	
Teenager (13–18)	4–5
Adult (19–50)	4–6
Adult (51+)	4

There is no guideline for inactive children as it is essential that all children are active.

What is 1 serving?



2 thin slices wholemeal bread, 1½ slices wholemeal soda bread or 1 pitta pocket



⅓ cup dry porridge oats or ½ cup unsweetened muesli



1 cup flaked type breakfast cereal



1 cup cooked rice, pasta, noodles or couscous



2 medium, 4 small potatoes, 1 cup yam or plantain