



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



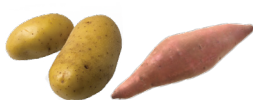
⅓ cup dry porridge oats
or ½ cup unsweetened
muesli



1 cup flaked type
breakfast cereal



1 cup cooked rice, pasta,
noodles or couscous



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

For more food facts and healthy eating tips visit www.healthyireland.ie

Source: Department of Health. December 2016.