Healthy Food for Life

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

What is 1 serving?
- 2 thin slices wholemeal bread, 1½ slices wholemeal soda bread or 1 pitta pocket
- ½ cup dry porridge oats or ½ cup unsweetened muesli
- 1 cup flaked type breakfast cereal
- 1 cup cooked rice, pasta, noodles or cous cous
- 2 medium, 4 small potatoes, 1 cup yam or plantain

For more food facts and healthy eating tips visit [www.healthyireland.ie](http://www.healthyireland.ie)