

In this year: Recommended servings

Recommended daily diet for young people, 9 – 11 years of age.

Vegetables [3 servings of 80g, or medium potato, taro, kumara]



Fruits [2 servings of up to 130g each]

Breads or cereals [5 servings including rolls (50g), slices of bread (25g), packeted cereals (30g), cooked porridge (130g), cooked pasta, noodles or rice (150g), and plain biscuits (14g)]



Milk and dairy products [2-3 servings including low fat milk (250mL), low fat yoghurt (150g), and cheese (40g)]

Meat, seafood, eggs, nuts or seeds [1 serving each day, at least, including meat or seafood (100-120g), nuts (50g), tofu (200g), and beans ($\frac{3}{4}$ cup)]

