

Food Guide to a Nutritious Diet

Choose your meals food from the four food groups and eat the recommended amount of servings from each food group every day to provide your body with the nutrients to stay healthy. (All weights listed are for edible portions only.)

FOOD GROUP

Serving sizes (*Examples of 1 serving*)

RICE & ALTERNATIVES

(Alternatives include bread, noodles, cereals etc.)

- 2 slices bread (60 g)
 - ½ bowl* rice (100 g)
 - ½ bowl noodles, beehoon or spaghetti (100 g)
 - 4 cream crackers or plain biscuits (40 g)
 - 1 *thosai* (60 g)
 - 2 small *chapatis* (60 g)
 - 1 hamburger bun or hotdog bun (60 g)
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Eat 2 – 3 servings daily

(Smaller and sedentary individuals should aim for the lower serving amounts while bigger or more active persons can eat more servings e.g. 5 servings for a woman and 7 servings for a man)

FRUIT

Eat 2 servings daily

- 1 small apple, orange, pear or mango (130 g)
 - 1 wedge pineapple, papaya or watermelon (130 g)
 - 10 grapes or longans (50 g)
 - 4 small seeds durian or jackfruit (80 g)
 - 6 lychees or dukus (70 g)
 - ¼ cup dried fruit (40 g)
 - ½ cup canned fruit, drained (100 g)
 - 1 glass pure fruit juice (250 ml)
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VEGETABLES

Eat 2 servings daily

- ¾ mug▲ cooked leafy or non-leafy vegetables (100 g)
 - 150 g raw leafy vegetables
 - 100 g raw non-leafy vegetables
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MEAT & ALTERNATIVES

(Alternatives include eggs, milk, cheese, beans etc.)

- 1 palm-sized piece fish, meat or poultry (90 g)
 - 2 small blocks soft beancurd (170 g)
 - ¾ cup cooked pulses (e.g. lentils, peas, beans) (120 g)
 - 5 medium prawns (90 g)
 - 3 eggs (150 g)*
 - 2 glasses† milk (500 ml)
 - 2 slices cheese (40 g)
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Eat 2 – 3 servings daily

(Smaller and sedentary individuals should aim for the lower serving amounts while bigger or more active persons can eat more servings e.g. 2 servings for a woman and 3 servings for a man)

* 1 bowl = 1 rice bowl, ▲ 1 mug = 250 ml, † 1 glass = 250 ml

* While 3 eggs are equivalent in protein content to other items listed under the meat and alternatives group, egg yolks are high in cholesterol. Therefore, should be limited to no more than 4 egg yolks per week.

Adapted from www.hpb.gov.sg.