





Food Groups - Menu planning check list.

	 <p>Beans, pulses, fish, eggs, meat and other protein</p> <p>2 portions each day.</p>		 <p>Fruit and Vegetables</p> <p>Aim for 5 portions each day A portion is a piece of fruit, a serving of vegetables or salad a glass of fruit juice (only counts once) a smoothie – (counts as 2 portions)</p>					 <p>Potatoes, bread, rice, pasta or other starchy carbohydrate</p> <p>3 portions each day One at each meal</p>			 <p>Dairy and alternatives</p> <p>2-3 portions each day. A portion is a glass of milk (or on cereal), a milky pudding, a yoghurt, a small slice of cheese.</p>		
Monday													
Tuesday													
Wednesday													
Thursday													
Friday													
Saturday													
Sunday													

Use this check list to make sure the week's menu contains all the recommended food groups. Write in the boxes the number of portions the menu contains each day.

For more information please contact West Hertfordshire Dietitian 01442 283464 or East & North Hertfordshire Dietitian 01438 792 160.
Created by HPFT Dietitians on 12/08/16.

