

YOUNG CHILDREN (2-3 YEARS)

RECOMMENDED MINIMUM DAILY SERVES FROM THE 5 FOOD GROUPS

Vegetables	Fruit	Grain foods	Meat and alternatives	Dairy and alternatives
Boys and girls				
2.5	1.0	4.0	1.0	1.5

Nutrition focus

- A wide variety of food from the five food groups is important for **growth and development**.
- Relative to their body weight, children's nutrient and energy requirements are **greater than those of adults**.
- Save discretionary/ 'sometimes' foods for special occasions.
- **Protein** is particularly important for muscle growth and repair.
- **Calcium** is important for developing strong bones and teeth.
- **Iron** is important for transporting oxygen around the body for adequate brain and body function.



CHILDREN (4-8 YEARS)

RECOMMENDED MINIMUM DAILY SERVES FROM THE 5 FOOD GROUPS

Vegetables	Fruit	Grain foods	Meat and alternatives	Dairy and alternatives
Boys				
4.5	1.5	4.0	1.5	2.0
Girls				
4.5	1.5	4.0	1.5	1.5

Nutrition focus

- A wide variety of food from the five food groups is important for **growth and development**.
- Relative to their body weight, children's nutrient and energy requirements are **greater than those of adults**.
- Save discretionary/ 'sometimes' foods for special occasions.
- **Protein** is particularly important for muscle growth and repair.
- **Calcium** is important for developing strong bones and teeth.
- **Iron** is important for transporting oxygen around the body for adequate brain and body function.



OLDER CHILDREN (9-11 YEARS)

RECOMMENDED MINIMUM DAILY SERVES FROM THE 5 FOOD GROUPS

Vegetables	Fruit	Grain foods	Meat and alternatives	Dairy and alternatives
Boys				
5.0	2.0	5.0	2.5	2.5
Girls				
5.0	2.0	4.0	2.5	3.0

Nutrition focus

- A wide variety of food from the five food groups is important for **growth** and **development**.
- Compared with the younger years, more serves of each food group are required for healthy growth and development. More active children may require additional serves.
- Save discretionary/ 'sometimes' foods for special occasions.
- The demands of growth increase the need for **iron** and **protein**.
- **Calcium** is important for developing strong bones and teeth.



YOUNG ADOLESCENTS (12-13 YEARS)

RECOMMENDED MINIMUM DAILY SERVES FROM THE 5 FOOD GROUPS

Vegetables	Fruit	Grain foods	Meat and alternatives	Dairy and alternatives
Boys				
5.5	2.0	6.0	2.5	3.5
Girls				
5.0	2.0	5.0	2.5	3.5

Nutrition focus

- A wide variety of food from the five food groups continues to be important for **growth** and **development**.
- Food group serve recommendations continue to increase to meet growth requirements and higher activity levels.
- Save discretionary/ 'sometimes' foods for special occasions.
- The demands of growth increase the need for **iron** and **protein**.
- **Calcium** is important for developing strong bones and teeth.
- Adolescence can be particularly important for fostering positive relationships with food.



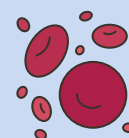
OLDER ADOLESCENTS (14-18 YEARS)

RECOMMENDED MINIMUM DAILY SERVES FROM THE 5 FOOD GROUPS

Vegetables	Fruit	Grain foods	Meat and alternatives	Dairy and alternatives
Boys				
5.5	2.0	7.0	2.5	3.5
Girls				
5.0	2.0	7.0	2.5	3.5

Nutrition focus

- A wide variety of food from the five food groups continues to be important for **growth** and **development**.
- The demands of growth increase the need for **iron** and **protein**.
- Menstrual loss increases the **iron** requirements of young women compared with young men.
- Save discretionary/ 'sometimes' foods for special occasions.



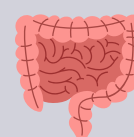
ADULTS (19-50 YEARS)

RECOMMENDED MINIMUM DAILY SERVES FROM THE 5 FOOD GROUPS

Vegetables	Fruit	Grain foods	Meat and alternatives	Dairy and alternatives
Men				
6.0	2.0	6.0	3.0	2.5
Women				
5.0	2.0	6.0	2.5	2.5

Nutrition focus

- Balancing energy intake to maintain a healthy weight.
- Focus on **nutrient density**, rather than energy density, as food intake recommendations decrease slightly from adolescence.
- Menstrual loss increases the **iron** requirements of women compared with men.
- **Pregnancy**: folic acid and iodine.
- **Protein** continues to be important for muscle growth and **repair**.
- **Fibre** for heart and gut health.
- **Calcium** and **Vitamin D** are important to maintain bone health.



OLDER ADULTS (51-70 YEARS)

RECOMMENDED MINIMUM DAILY SERVES FROM THE 5 FOOD GROUPS

Vegetables	Fruit	Grain foods	Meat and alternatives	Dairy and alternatives
Men				
5.5	2.0	6.0	2.5	2.5
Women				
5.0	2.0	4.0	2.0	4.0

Nutrition focus

- Older people should eat **nutrient dense foods** (five food groups) and keep physically active to help maintain muscle strength and a healthy weight.
- Continue to focus on a **variety** of foods from the five food groups.
- **Protein** is important for maintaining muscle strength.
- **Calcium** and **Vitamin D** are important to maintain bone health (serves of dairy and alternatives foods increases for women).
- **Fibre** for digestive health.
- Ensure adequate water intake to prevent dehydration.



OLDER AGE (70 YEARS AND ABOVE)

RECOMMENDED MINIMUM DAILY SERVES FROM THE 5 FOOD GROUPS

Vegetables	Fruit	Grain foods	Meat and alternatives	Dairy and alternatives
Men				
5.0	2.0	4.5	2.5	3.5
Women				
5.0	2.0	3.0	2.0	4.0

Nutrition focus

- Older people should eat **nutrient dense** foods (five food groups) and keep physically active to help maintain muscle strength and a healthy weight.
- Among older people, being underweight may be more deleterious than being overweight.
- Continue to focus on a **variety** of foods from the five food groups.
- **Protein** is important for maintaining muscle strength.
- **Calcium** and **Vitamin D** are important to maintain bone health.
- **Fibre** for digestive health.
- Ensure adequate water intake to prevent dehydration.

