

Food groups	Examples of food included	Main nutrients provided	Recommended servings
Starchy foods	Bread, potatoes and sweet potatoes, starchy root vegetables, pasta, noodles, rice, other grains, breakfast cereals	Carbohydrate, fibre, B vitamins and iron	Four portions each day Provide a portion as part of each meal (breakfast, lunch and tea) and provide as part of at least one snack each day
Fruit and vegetables	Fresh, frozen, canned, dried and juiced fruit and vegetables, and pulses	Carotenes (a form of vitamin A), vitamin C, zinc, iron, and fibre	Five portions each day Provide a portion as part of each main meal (breakfast, lunch and tea) and with some snacks
Meat, fish, eggs, beans and non-dairy sources of protein	Meat, poultry, fish, shellfish, eggs, meat alternatives, pulses, nuts*	Protein, iron, zinc, omega 3 fatty acids, vitamins A and D	Two portions each day Provide a portion as part of lunch and tea (Two to three portions for vegetarian children)
Milk and dairy foods	Milk, cheese, yoghurt, fromage frais, custard, puddings made from milk	Protein, calcium, and vitamin A	Three portions each day provided as part of meals, snacks and drinks