

Food group	What's recommended	How many portions did you eat today?	What changes do you need to make?
Bread, cereals and potatoes	6 servings every day; more only if you are very active	<input type="checkbox"/> under 3 servings <input type="checkbox"/> 4 – 5 servings <input type="checkbox"/> 6 servings <input type="checkbox"/> 7 or more	
Fruit and vegetables	5 or more servings every day	<input type="checkbox"/> under 3 servings <input type="checkbox"/> 3 - 4 servings <input type="checkbox"/> 5 servings <input type="checkbox"/> 5 or more	
Milk, cheese and yoghurt	3 servings every day for adults	<input type="checkbox"/> under 3 servings <input type="checkbox"/> 3 servings <input type="checkbox"/> 4 - 5 servings <input type="checkbox"/> 5 or more	
Meat, fish and alternatives	2 servings every day	<input type="checkbox"/> 0 servings <input type="checkbox"/> 1 serving <input type="checkbox"/> 2 servings <input type="checkbox"/> 3 or more	
Fats, sugars and oils	Only use fats and oils in small amounts. Keep high fat foods as occasional treats	<input type="checkbox"/> 0 servings <input type="checkbox"/> 1 servings <input type="checkbox"/> 2 - 3 servings <input type="checkbox"/> 4 or more	