

| 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 | |