<table>
<thead>
<tr>
<th>Food Group</th>
<th>Daily Serving</th>
<th>What counts as a measure</th>
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</table>
| **Fats**                         | 0-3 servings  | • 1 tsp butter/margarine  
• 2 tps of low fat spread  
• 1 tsp cooking oil or lard  
• 1 tsp of mayonnaise or oily salad dressing |
| **Fatty and sugary foods**       | Limit to 1 daily | • doughnut  
• fatty bacon/ sausages  
• pork pie  
• crisps  
• chocolate |
| **Milk and Dairy**               | 2-3           | • 200 ml/1/3 pint of milk  
• Small pot of yoghurt, cottage cheeses or fromage frais  
• 40 g of cheese (small matchbox sized) |
| **Vegetable and fruit**          | 5-9           | • 2 tbs vegetables  
• a piece of fresh fruit  
• 100ml of fresh fruit juice |
| **Meat and Alternatives**        | 2-3 choose lower fat types | • 50-70g of beef, pork, ham, lamb, chicken or oily fish  
• 100-150g of white fish (not battered)  
• 2 eggs (up to 6 per week)  
• 200g of lentils, beans, pulses or dhal  
• 60g or 2 tbs of nuts of nut products (eg peanut butter) |
| **Bread, cereal and potato**     | 6-11 servings | • 3 tsp breakfast cereal  
• a slice bread  
• half a small bun/roll  
• an egg sized potato  
• 2 tbs of rice/pasta |