

Your guide to Wholemeal cereals and breads, potatoes, pasta and rice

The foods on this shelf are the best energy providers for your body.

Choose 3 to 5 servings a day.

Up to 7 servings for teenage boys and men aged 19–50. Very active people will need more.



Food Shelf Facts



Wholegrain choices contain fibre to help your digestive system and can protect against bowel diseases.



Wholemeal breads, cereals and potatoes provide the best energy for the body to work.



The amount of energy you need depends on your physical activity levels. Adults watching their weight will need less.



The number of servings you need depends on age, size, if you are a man or a woman and on activity levels.

What is a Serving?

1 serving size is:

2 thin slices wholemeal bread,
1½ slices wholemeal soda bread or
1 pitta pocket

⅓ cup dry porridge oats or
½ cup unsweetened muesli

1 cup flaked type breakfast cereal

1 cup cooked rice, pasta, noodles or cous cous

2 medium or 4 small potatoes,
1 cup yam or plantain

Portion guide

Use a 200ml disposable plastic cup to guide portion size for breakfast cereals, cooked rice and pasta.



Healthy Eating Tips



Choose a **variety** of foods from this shelf every day.



Try using brown rice and wholewheat pasta and check your portion guide.



Be aware of portion size and calorie difference

1 small wrap = 2 slices of bread
1 pitta pocket = 2 slices of bread
1 demi baguette = 4 slices of bread

Some types may contain more calories than others.