

Recommended Daily Portion Guidelines: Metric Measurements

FOOD GROUP	Kilojoules/ Serving	3350	4185	5025	5860	6700	7535	8370	9210	10045	10885	11720	12560
Vegetables (cups)	105-210	2	2	3	3	3	3	3	4	4	4	5	5
Fruits (cups)	335	1	1	1	1.5	1.5	2	2	2	2	2	2.5	2.5
Whole Grains (30 g)	335	2	3	3	3	3	3	3	3	4	5	5	5
Starches (30 g)	335	0	0	0	1	1	2	3	4	4	4	4	5
High Calcium Foods (30 g or 1 cup)	420	1.5	1.5	2	2	3	3	3	3	3	3	3	3
High Protein Foods (30 g)	250-420	3	3	4	4	5	6	6	6	7	7	7	7
Oils & Other Fats	210	1	2	3	4	5	5	6	7	7	8	9	10
Water (240 ml)	0	5	5	6	6	7	7	8	8	9	9	10	10
Core Food Kilojoules		2950	3495	4330	5045	5945	6720	7260	7955	8560	9105	9605	10150
Your Choice Kilojoules		420	630	730	730	730	840	1045	1255	1465	1675	2090	2300
Total Kilojoules		3370	4125	5065	5775	6675	7555	8310	9210	10025	10780	11700	12450

Note: Metric measurements are approximate.