



FOOD GROUP CHECKLIST (ages 12-13)

This checklist will help guide the planning of your meals and snacks.

Put a tick in the relevant box every time you have a serve of the foods listed.

The colours in the left column represent the four food groups in the Ministry of Health [“Eating for Healthy Children”](#) pamphlet (April 2023).

KEY: GRAIN FOODS FRUIT & VEGETABLES MILK & MILK PRODUCTS PROTEIN FOODS

	Serves per day (see reverse for serving sizes)							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Grain foods* 5 serves (girls) 6 serves (boys)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Vegetables 5 serves (girls) 5.5 serves (boys)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruit 2 serves	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	
Milk & milk products 3.5 serves	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/>	
Protein foods 2.5 serves <i>(see pamphlet if vegetarian)</i>	<input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/>	
Fluids Water and plain milk are the best choices Put a tick each time you drink a glass of water or milk								

* if you are very active, you may need more servings, if you are less active you may need fewer (just make sure they are high quality – high fibre and wholegrain options).

The four food groups and serving size examples

Grain foods:

Choose mostly wholegrain options, with at least 6 grams of fibre per 100 grams.

Serving size examples:

- 1 sandwich slice of bread (preferably wholegrain)
- ½ bread roll (preferably wholegrain)
- 2 breakfast wheat biscuits (eg: Weet-Bix)
- ½ cup cooked porridge (made with rolled oats)
- ¼ cup muesli
- ½ cup cooked pasta or rice

Fruit & vegetables:

As much variety as possible – eat the rainbow!

Serving size examples:

- ½ cup cooked vegetables
- 1 cup salad
- ½ medium potato (or similar size piece of kumara, yam, taro)
- 1 medium apple, pear, banana, orange, mandarin
- 1 cup fresh fruit salad, or stewed fruit
- 2 small apricots or plums

Milk & milk products:

If you can't (or choose not to) consume cow's milk, choose a replacement fortified with calcium.

Serving size examples:

- 250mL (1 cup) low fat milk (or fortified plant alternative)
- ¾ cup of yoghurt (~200g)
- 2 slices (40g) Edam cheese

Protein foods:

This includes lean red meats, poultry, fish (especially oily fish), legumes (tinned or dried beans, lentils, chickpeas, baked beans, split peas), eggs, nuts and seeds.

Serving size examples:

- 1 cup of cooked legumes (tinned beans/lentils/chickpeas/baked beans/split peas)
- ½ cup mince or casserole
- 100g cooked fish, or a small tin of fish (85g) – oily fish is best
- 2 eggs
- 2 chicken drumsticks or ½ chicken breast
- 2 slices (65g) cooked lean meat (beef, lamb, pork)
- Small handful of nuts and/or seeds (30g)