

Preconception Health Nutrition

Food Group	Recommended amount	Serving size
Vegetables	5 serves of vegetables or legumes/ beans of different types and colours	1 serve is equal to ½ cup cooked vegetables or legumes, 1 cup of salad, or ½ potato
Fruit	2 serves of fruit	1 serve is equal to 1 medium or 2 small pieces of fruit
Grains	6 serves of grain foods, mostly wholegrain or high fibre varieties	1 serve is equal to 1 slice of bread, ½ cup cooked rice or pasta, or ¾ cup of cereal
Meat, fish and legumes	2 ½ serves from lean meats, poultry, fish, eggs, tofu, nuts/seeds or legumes/beans	1 serve is equal to 65-80g cooked meat or poultry, 100g fish, 2 eggs, or 1 small handful of nuts/seeds
Dairy	2 ½ serves of dairy foods, including mild, yogurt, cheese or dairy alternatives (e.g. soy), mostly from reduced fat options	1 serve is equal to 1 cup of milk, 1 tub of yoghurt, or 2 slices of cheese