



HOSPITALITY GENERIC L4

FOOD GROUPS



NUTRITIOUS MEAL: A meal that strives to provide food from each food group in a balanced combination.

BASIC FOOD GROUPS:

- Milk and Milk products
- Meats, Fish, Poultry, Eggs, Nuts and Legumes
 - Fruits and Vegetables
 - Grains



One could also refer to the **FOOD PYRAMID:**

FATS

SPARINGLY

MILK

2-3 SERVINGS

MEAT

2-3 SERVING

VEGETABLES

3-5 SERVINGS

FRUIT

2-4 SERVINGS

BREAD

6-11 SERVINGS



SERVING SIZES IN EACH FOOD GROUP:

FOOD GROUP	ONE SERVING EQUALS
BREAD, CEREAL, RICE AND PASTA	<ul style="list-style-type: none">• 1 small roll• 1 slice of bread• ½ hamburger roll• ½ cup cooked cereal• ½ cup cooked rice• ½ cup cooked pasta
VEGETABLES	<ul style="list-style-type: none">• ¾ cup of vegetable juice• 1 cup leafy raw veg• ½ cup of cooked or raw veg



SERVING SIZES IN EACH FOOD GROUP:

FOOD GROUP	ONE SERVING EQUALS
FRUIT	<ul style="list-style-type: none">• ¼ cup dried fruit• 1 medium melon wedge• ½ cup strawberries• ¾ cup of fruit juice• 1 whole apple, banana or orange• ½ cup cooked or canned fruit
MILK, YOGHURT AND CHEESE	<ul style="list-style-type: none">• 1 cup milk• 30 g cheese• 1 small (175ml) tub of yoghurt



SERVING SIZES IN EACH FOOD GROUP:

FOOD GROUP	ONE SERVING EQUALS
MEAT, POULTRY AND FISH	<ul style="list-style-type: none">• 60-90 grams cooked lean meat or fish• 90 grams cooked chicken with out skin e.g. 1 leg, 1 thigh, 2 wings, 1 boneless breast• 2 eggs• 1 cup cooked beans• 4 TBLS of peanut butter



*** HOMEWORK* Please summarise different groups**