






# Teen Nutrition: What to Aim For Each Day

Growing teens need more than just calories - they need the right balance of nutrients. The five food groups work together to support energy, focus, and growth. This guide helps you to understand how much of each food group you should aim for each day.

## Recommended daily serves from each food group

Five Core Food Groups	Boys		Girls	
	12-13 yrs	14-18 yrs	12-13 yrs	14-18 yrs
 Vegetables & Legumes and/or Beans	5.5	5.5	5	5
 Fruit	2	2	2	2
 Grain (cereal) foods, mostly wholegrain	6	7	5	7
 Lean Meat and poultry, fish, eggs, nuts and seeds	2.5	2.5	2.5	2.5
 Milk, yoghurt, cheese and/or alternatives (mostly reduced fat)	3.5	3.5	3.5	3.5