

FOOD GROUP EXCHANGE TIPS CARD

HOW MUCH GRAINS SHOULD WE EAT?



NUTRITION FACTS

- Grains provide many nutrients essential for health and body functions, including dietary fiber, Vitamin B (thiamin, riboflavin, niacin and folate) and minerals (iron, magnesium and selenium)¹
- Eating grains, especially wholegrains such as brown rice and whole-meal bread, help to prevent constipation, reduce blood cholesterol levels and may lower the risk of heart diseases, obesity and type 2 diabetes¹

RECOMMENDED SERVINGS FOR HEALTHY INDIVIDUALS BY THE HONG KONG DEPARTMENT OF HEALTH²⁻³

Age group	Daily recommended servings
2 to 5 years old	1.5 - 3
6 to 11 years old	3 - 4
12 to 17 years old	4 - 6
Adults	3 - 8
Pregnant women	3 - 4 (1 st trimester) / 3.5 - 5 (2 nd and 3 rd trimester)
Lactating women	4 - 5
Elderly	3 - 5

Note: Diabetic patients should have regular meals and consistent portions of carbohydrates throughout the day, while eating a balanced diet including grains is also important as part of dietary management⁴

HOW MUCH IS ONE SERVING?⁵⁻⁶



Rice x 1 bowl*



Noodles x 1.25 bowls*



Congee x 2 bowls*



Potato/Taro x 5 pcs[#]



Rice noodles x 1 bowl*



Pasta x 1.5 bowls*



Bread x 2 slices[^]



Biscuit x 10 small pcs

*Cooked, 1 bowl = 250-300 ml ^With bread crust #Cooked, egg-sized

Images from Freepik

References: 1. United States Department of Agriculture. Why is it important to eat grains, especially whole grains? Available at: <https://www.choosemyplate.gov/grains-nutrients-health>. Accessed on 02Jan2018. 2. Hong Kong Department of Health. Healthy eating food pyramid. 2014. 3. Hong Kong Department of Health. Healthy eating during pregnancy and breastfeeding. 2016. 4. Hong Kong Department of Health. Healthy eating for people with diabetes mellitus. 2016. 5. Hong Kong Department of Health. Healthy eating meal plan for adult woman. 2015. 6. Hong Kong Department of Health. 7-day healthy meal planning guide for 6 to 24 months old children. 2017. WYETH® is a registered trademark of Wyeth LLC. Used under license. For healthcare professionals only. WYE-EM-001-JAN-18

