

| F2 LITRES I CUP OF TFRI - COO HLU FNUT RAD VESTRABLES S PORTIONS OF FRUIT I CUP OF COPFEE (- NO HLU) FNUT RAD VESTRABLES S PORTIONS OF FRUIT I' NUN 120 O VESETRABLES, SRLAD, FRUIT - RAN OR COOKED FNUT RAD VESTRABLES S PORTIONS OF FRUIT I' NUN 120 O VESETRABLES, SRLAD, FRUIT - RAN OR COOKED FNUT RAD VESTRABLES S PORTIONS OF FRUIT I' NUN 120 O VESETRABLES, SRLAD, FRUIT - RAN OR COOKED FNUT RAD VESTRABLES S PORTIONS I' HOUM-SEZE RAPPLE + REVISED I' PORTION SOUTH HER PORTION 100 SOUTH AREA DEATH 100 | AILY RECOMMENDED AMOUNT | 1 PORTION CORRESPONDS TO: | | EXAMPLE DAY VEGETARIAN |
|---|---------------------------------|--|-----------|---|
| 3 PORTIONS OF VERTIRALSE EURMPLES 2 PORTIONS OF VERTIRALSE 2 MEMUN-SEED GARDOTS 2 PORTIONS 1 HOURN-SEED GARDOTS 3 PORTIONS 1 HOURN-SEED RAPLE 4 FLUINS 1 FLORENDO 3 PORTIONS 200 HL HILK 3 PORTIONS 200 G NHL HILK 3 PORTIONS 200 G SOFT CHEESE HETC. 0 CHLS, FRITS, NUTS ETC. 2 TO 3 EGGS 1 PORTION 2 TO 3 EGGS | UNSWEETENED DRINKS | 1 GLASS OF WATER (~250 ML) 1 CUP OF TEA (~200 ML) | DÖŻ | VEGETARIAN |
| CARBOHYDRATES 3 PORTIONS 45-75 G* PASTA, RICE, POLENTA, QUINOA, BULGUR ETC. 100-300 G POTATIOES 45-75 G CEREAL ILAKES, BREAKFAST CEREALS ETC. 50-75 G CEREAL ILAKES, BREAKFAST CEREALS ETC. 30 G SHM-HARD OR HARD CURESE CHEESE ETC. 30 G SHM-HARD OR HARD CHEESE 150-200 G YOGHURT, CURD, COTTAGË CHEESE ETC. 30 G SHM-HARD OR HARD CHEESE 150 G SOFT CHEESE 1 PORTION 100-200 G TOFU, QUORN, SEITAN, TEMPEH ETC. 40-50 G RDRED SOFA 1 PORTION 100-200 G TOFU, QUORN, SEITAN, TEMPEH ETC. 40-50 G RDRED SOFA 0LS, FATS, NUTS ETC. 2-3 PORTIONS 200 G (T TBSP) VEGETABLE OIL (E.G. RAPESEED, OLIVY, NUT 0.L ETC.) 1 PORTION 100-ETC. 100-ETC. 1 PORTION 100-ETC. 100-ETC. 0LS, FATS, NUTS ETC. 2-3 PORTIONS FOR COOL DISHES- 10 G (T TBSP) VEGETABLE OIL (E.G. RAPESEED, OLIVY, NUT 0.L ETC.) 1 PORTION 1 PORTION SWEETS, SRLTY SNACKS E. 25 G CHOCOLATE (E.G. TROPU OR ISAGEARNE IN RODITION: 20-30 G (T-2 TBSP) UNSALTED NUTS, SEEDS OR KERNELS 1 PORTION | 3 PORTIONS OF VEGETABLES | Examples: 2 Medium-Sized Carrots 6 Cherry Tomatoes 1 Medium-Sized Apple | 1 PORTION | LUNCH |
| 3 PORTIONS 150-200 G YOGHURT, CURD, COTTAGE CHEESE ETC. 30 G Stmi-HARD OR HARD OR HARD OR HARD OR HEESE 0 G SOFT CHEESE 60 G SOFT CHEESE 1 PORTION 2 TO 3 EGGS 100-120 G TOFU, QUORN, SEITAN, TEMPEH ETC. 100-120 G TOFU, QUORN, SEITAN, TEMPEH ETC. 1 PORTION 0LLS, FATS, NUTS ETC. 2 TO 3 EGGS 2 PORTIONS FOR COLD DISHES- 10 G (1 TBSP) VEGETABLE OIL (E.G. RAPESEED, OLIVE, NUT OIL ETC.) FF REQUIRED: 10 G (1 TBSP) COOKING OILS (E.G. REFINED OLIVE OIL OR RAPESEED OIL, HOL UNFLOWER OIL ETC.) 1 PORTION FF REQUIRED: 10 G (1 TBSP) COOKING OILS (E.G. REFINED OLIVE OIL OR RAPESEED OIL, HOL UNFLOWER OIL ETC.) 1 PORTION SWEETS, SAILTY SNACKS B 25 G CHOCOLATE (E.G. 1ROW OR 1SMALL BAR) 1 PORTION | CARBOHYDRATES | 45-75 G* PASTA, RICE, POLENTA, QUINOA, BULGUR ETC. 180-300 G POTATOES 45-75 G CEREAL FLAKES, BREAKFAST CEREALS ETC. | 1 PORTION | MID-MORNING SNACK (OPTIONAL) |
| EGGS, TOFU ETC. 2 TO 3 EGGS 1 PORTION 100-120 G TOFU, QUORN, SEITAN, TEMPEH ETC. 40-50 G DRIED SOYA Image: Control of the control of | | 150-200 G YOGHURT, CURD, COTTAGE CHEESE ETC. 30 G SEMI-HARD OR HARD CHEESE | 1 Fem2 | |
| 2-3 PORTIONS OIL ETC.) FOR COOKING: 10 G (1 TBSP) COOKING OILS (E.G. REFINED OLIVE OIL OR RAPESEED OIL, HOLL RAPESEED OIL, HO SUNFLOWER OIL ETC.) IF REQUIRED: 10 G (1 TBSP) BUTTER OR MARGARINE IN ADDITION: 20-30 G (1-2 TBSP) UNSALTED NUTS, SEEDS OR KERNELS 25 G CHOCOLATE (E.G. 1 ROW OR 1 SMALL BAR) 1 PORTION | | 100-120 G TOFU, QUORN, SEITAN, TEMPEH ETC. | 1 PORTION | SNACK SNACK |
| | | OIL ETC.) For Cooking: 10 g (1 TBSP) cooking oils (e.g. refined olive oil or Rapeseed oil, Holl Rapeseed oil, Ho sunflower oil etc.) IF Required: 10 g (1 TBSP) butter or Margarine | 1 PORTION | DINNER |
| | ALCOHOLIC DRINKS | 250 ML SWEETENED DRINKS 20-30 G SALTY SNACKS 2-3 BISCUITS | 1 PORTION | THE PORTION SIZES RECOMMENDED IN THIS BOOKLET ARE FOR AN AVERAGE ADULT IN GOOD HEALTH. THEY VARY DEPENDING ON THE ENERGY REQUIREMENT, WHICH IN TURN DEPENDS ON FACTORS SUCH AS AGE, GENDER, HEIGHT, WEIGHT AND PHYSICAL ACTIVITY. |