








Rations allowable daily food groups In The Healthy Food Palm

No.	Food Groups	Serving numbers	The amount of serving size
1	Cereal & bread	6-11	= 25 grams of bread = 1/4 Arabic bread medium size = one slice of toast. = 1/2 cup of cereals such as rice 
2	Vegetables	3-5	1 cup of raw leafy vegetables = 1/2 cup of other vegetables, cooked or chopped raw = 3/4 cup of vegetables juice 
3	Fruits	2-4	= 1 medium apple, banana, orange. = 1/2 cup of chopped or canned fruits.= 3 medium dates = 3/4 cup of vegetables juice 
4	Milk and products	2-4	= 1 cup of milk or laban or yogurt = 3 spoon of milk powder = 60 gram of processed cheese. 
5	Meat & substitute	2-3	= 60-90 grams of cooked lean meat, poultry or fish.= One egg = 1/2 of cooked dry beans. = 4- 6 tablespoon of peanut butter 
6	Fat & sugar	Lower amount posible 
7	Water	6	At least 6 cups daily. 

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