

Balanced

To eat foods from different food groups.

“Extra foods”

Foods that do not contain enough nutrients to fit into one of the five food groups.

Serving number

The number of servings needed each day from the five food groups to ensure that the recommended amounts of the main nutrients are obtained.

Snack

A mini-meal; food eaten between meals.

Variety

A range of different items from a specific group. For food groups, it implies eating several different foods each day from all five food groups.