

Food groups	Recommendations†	n	%
Breads, Cereal, Rice and Pasta			
Below recommendations	< 6 servings per day	6	3.7
Within recommendations	6–11 servings per day	134	83.2
High intakes	>11 servings per day	21	13.1
Vegetables			
Below recommendations	< 3 servings per day	157	97.5
Within recommendations	3–5 servings per day	4	2.5
Fruits			
Below recommendations	< 2 servings per day	68	42.2
Within recommendations	2–4 servings per day	78	48.5
High intakes	>4 servings per day	15	9.3
Milk and milk products			
Below recommendations	< 2 servings per day	149	92.6
Within recommendations	2–3 servings per day	12	7.5
Meat and meat alternatives			
Below recommendations	< 2 servings per day	5	3.1
Within recommendations	2–3 servings per day	26	16.2
High intakes	>3 servings per day	130	80.8
Fats and oils			
–	≤ 4 servings (20g) ‡ per day	80	49.7
–	>4 servings (20g) per day	81	50.3
Sweets and sugar			
–	≤ 4 servings (40g) per day	35	21.7
–	> 4 servings (40g) per day	126	78.3
Alcohol			
Recommended allowance	≤ 2 units per day§	159	98.8
Above recommendation	>2 units per day	2	1.2

Reference Daily Intake Guide

Raffaela Di Napoli

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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