

Daily quantity of cooked food according to age

(FAO King et Burgess, 1993)

Age groups	Staple food Cereals -Tubercules	Legumes Pulses	Cooked green leaves	Fat - Oil	Raw fruits
	Group 1	Group 2	Group 3	Group 4	Group 5
1 cup = 200 ml		1 spoon = 10 ml			
Children 2-3 years	3,5 cups	2 cups	3 spoons	3 spoons	
Children 10 - 12 years	7 cups	3,5 cups	6 spoons	3 spoons	
Working-age man	13,5 cups	3,5 cups	6,5 spoons		
Menstruating active woman	8 cups	3 cups	6 spoons		0,5 cups
Pregnant woman	9 cups	3 cups	6,5 spoons		0,5 cups
Breastfeeding woman	10 cups	3,5 cups	9 spoons		
Elderly woman	7 cups	3 cups	9 spoons		

Note that a little oil or shea butter should be regularly added to the cooking of green leaves to allow conversion of β -carotene into Vitamin A

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