

Healthy Food Pyramid

Following this guide will ensure you and your family maintain healthy weights and get all the nourishment you need.

*Portion sizes recommended for adults, teenagers and children aged 5 and over

Foods and Drinks that are High in Fat, Sugar and Salt

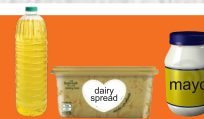


NOT every day

Maximum once or twice a week

The foods below are needed for good health. Enjoy a variety every day.

Fats, spreads and oils



0-1

In very small amounts each day

Meat, poultry, fish, eggs, beans and nuts



2

Servings per day

Milk, yoghurt and cheese



3

Servings per day 5 servings for ages 9-18

Wholemeal cereals and breads, pasta, rice and potatoes



3-5

Servings per day Up to 7* servings for men 19-50

Vegetables and Fruit



5-7

Servings per day

Active	Child (5-12)	Teenager (13-18)	Adult (19-50)	Adult (51+)	Inactive	Teenager (13-18)	Adult (19-50)	Adult (51+)
	3-4	4	4-5	3-4		3	3-4	3
	3-5	5-7	5-7	4-5		4-5	4-6	4

There is no guideline for inactive children as it is essential that all children are active.



Drink at least 8 glasses of water a day



Get Active! Adults need at least 30 minutes of exercise at least 5 days a week. Children need to be active at least 60 minutes a day.

take **totalcontrol** of your health