

## The Food Pyramid

For adults, teenagers and children aged five and over

Not needed for good health.

**Foods and drinks high in fat, sugar and salt**

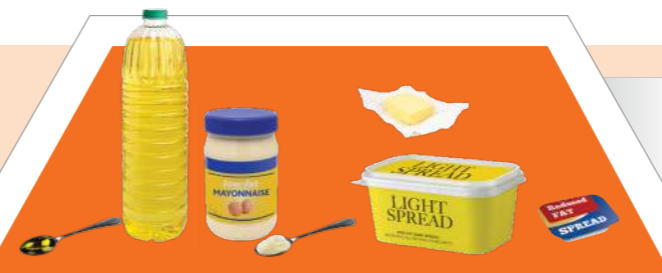


NOT every day



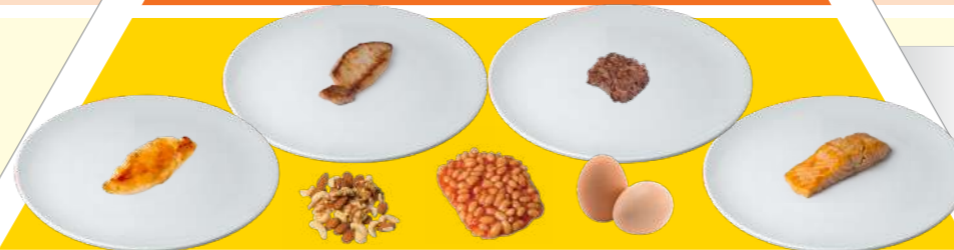
**Maximum once or twice a week**

**Fats, spreads and oils**



In very small amounts

**Meat, poultry, fish, eggs, beans and nuts**



**2 Servings a day**

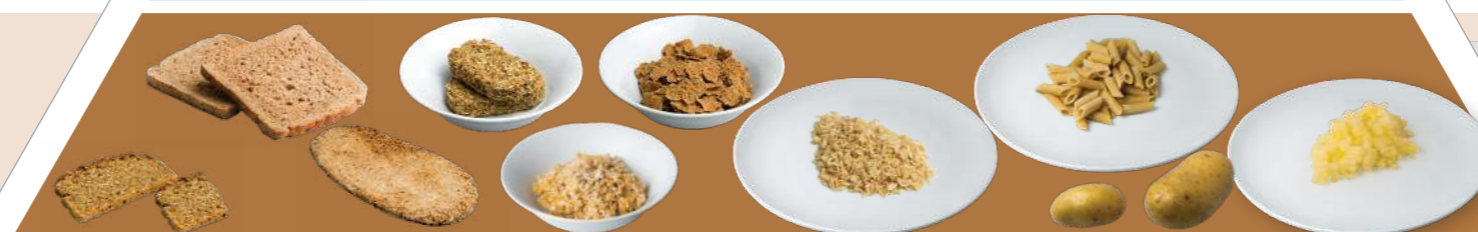
**Milk, yogurt and cheese**



**3 Servings a day**

**5** for children age 9-12 and teenagers age 13-18

**Wholemeal cereals and breads, potatoes, pasta and rice**



**3-5\*** Servings a day

**Up to 7\*** for teenage boys and men age 19-50

**Vegetables, salad and fruit**



**5-7** Servings a day

Needed for good health. Enjoy a variety every day.

\*Daily Servings Guide – wholemeal cereals and breads, potatoes, pasta and rice

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

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



**Drink at least 8 cups of fluid a day – water is best**



**Get Active!**

To maintain a healthy weight adults need at least 30 minutes a day of moderate activity on 5 days a week (or 150 minutes a week); children need to be active at a moderate to vigorous level for at least 60 minutes every day.