

Food Pyramid

For adults, teenagers and children aged five and over

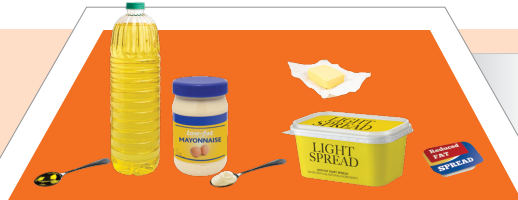
Foods and drinks high in fat, sugar and salt



NOT every day

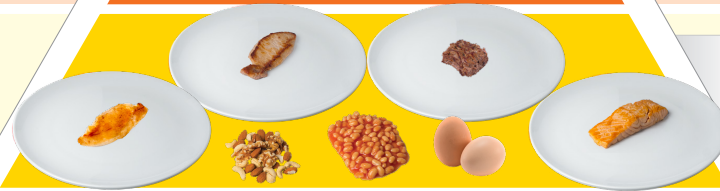
! Maximum once or twice a week

Fats, spreads and oils



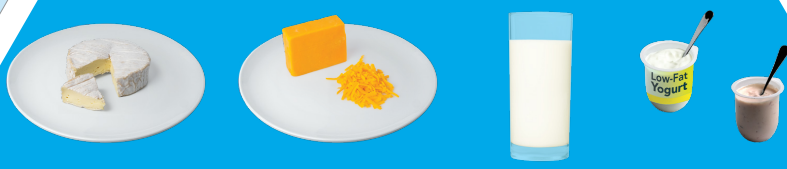
In very small amounts

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

Servings Guide – wholemeal cereals and breads, potatoes, pasta and rice

Age	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

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 week); children need to be active at a moderate to vigorous