

Use the

# FOOD PYRAMID

to plan your daily healthy food choices



### Alcohol weekly lower risk limits

#### Men:

17 standard drinks.  
(170g alcohol over a week)

#### Women:

11 standard drinks.  
(110g alcohol over a week)

Standard drinks (SD) contain roughly 10g of pure alcohol

1 SD = 1/2 pint beer = single measure spirit = small glass wine



**Foods and drinks high in fat, sugar and salt**  
Limit to sometimes, **not every day.**

### Reduced-fat spreads and oils

Use as little as possible. Choose reduced fat or light spreads. Choose rapeseed, olive, canola, sunflower or corn oils.

The foods on these shelves are essential for good health, enjoy a variety every day.

2



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

Choose lean meat and low-fat cooking methods (grilling, baking, steaming or boiling).  
Choose fish twice a week – oily fish is best.

3



### Milk, yogurt and cheese

Choose 3 servings a day.  
Aged 9-18 years – choose 5 servings a day.  
Reduced-fat or low-fat varieties are best.

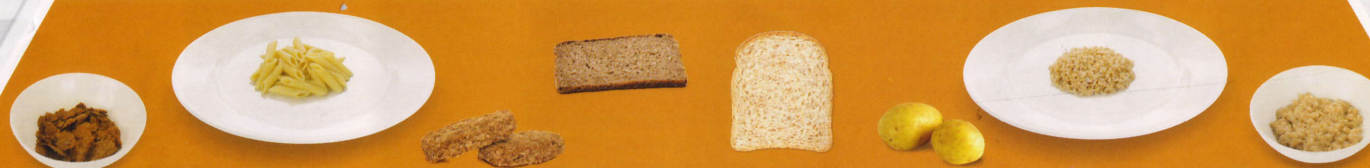
5+



### Fruit and vegetables

Choose 5 or more servings a day.

6+



### Breads, cereals, potatoes, pasta and rice

Choose at least 6 servings.  
High-fibre varieties are best.  
Include in each meal.

**Food Pyramid for adults and children aged 5 years and over.**

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

## Foods high in fat, sugar and salt: portions equivalent to approximately 100 calories

- |  |  |
|--|--|
| 4 squares of chocolate (half a bar)                | 2 plain biscuits or 1 chocolate biscuit          |
| 1 small or fun-sized chocolate coated bar          | ½ can or 200ml of sugary drink                   |
| 1 bag lower-fat crisps                             | 1 scoop of vanilla ice-cream                     |
| 1 small cup cake (no icing) or 1 plain mini muffin | ½ or 1 cereal bar – check the label for calories |

## Reduced-fat spreads and oils

- 1 portion pack of reduced-fat spread for 2-3 slices of bread
- 1 teaspoon of oil per person when cooking
- Mayonnaise and salad dressing also contain oil

2

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

- 50-75g cooked (100g or size of a pack of cards uncooked) lean beef, pork, mince or poultry
- 100g cooked fish, soya or tofu
- 6 dessertspoons of peas, beans or lentils
- 2 eggs
- 40g unsalted nuts

3

## Milk, yogurt and cheese

- 1 glass milk (200ml)
- 1 carton yogurt (125g)
- 1 yogurt drink (200ml)
- 1 matchbox size (25g) of hard or semi-hard cheese such as cheddar or edam
- 50g soft cheese such as brie or camembert

5+

## Fruit and vegetables

- 1 medium sized fruit – apple, orange, pear or banana
- 2 small fruits – plums, kiwis, mandarin oranges or 10 grapes
- ½ cup or 4 dessertspoons of cooked vegetables – fresh or frozen
- 1 bowl of salad – lettuce, tomato, cucumber
- 100ml unsweetened fruit juice

6+

## Breads, cereals, potatoes, pasta and rice

- 1 thin slice of bread
- 2 breakfast cereal wheat or oat biscuits
- 4 dessertspoons of dry porridge oats or muesli
- 4 dessertspoons of flake type breakfast cereal
- 3 dessertspoons of cooked pasta, rice or noodles
- 1 medium or 2 small potatoes

Aged 9-18:  
5 servings

More is better

Active men and teenage boys - up to 12 servings a day  
Active women and teenage girls - up to 8 servings a day



Use a **200ml disposable plastic cup** to guide portion size of cereals, cooked rice and pasta, and even vegetables, salad and fruit.



A **matchbox** can guide you on a serving of cheese. Reduced-fat options are best.



The **palm of the hand**, width and depth without fingers and thumbs, shows how much meat, poultry or fish you need in a day.



**Portion packs** of reduced-fat spread found in cafes can guide the amount you use. One should be enough for 2-3 slices of bread.



A **5ml teaspoon** can guide your portion size for peanut butter, jam, marmalade or honey.

## Get active

To maintain a healthy weight you need to be physically active regularly.

### Adults

- At least 30 minutes of moderate intensity physical activity on 5 days a week, or
- At least 150 minutes of moderate intensity physical activity a week.

### Children and young people

At least 60 minutes of moderate intensity physical activity every day.

### To lose weight – adults only

60-75 minutes of moderate intensity physical activity at least 5 days a week may be required.

If you are extremely inactive or have a high BMI (30 or above) start with bouts of 10 minutes and gradually increase duration and intensity.