Use the Food Pyramid to help you to choose the right foods for you!

In very small amounts
Fats, spreads and oils

2 servings per day
Meat, poultry, fish, eggs, beans and nuts

3-5 servings per day
Milk, yogurt and cheese

3-5 servings per day
Wholemeal cereals and breads, potatoes, pasta and rice

5-7 servings per day
Vegetables, salad and fruit

No more than once or twice per week
Foods and drinks high in fat, sugar and salt

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