

# THE FOOD PYRAMID



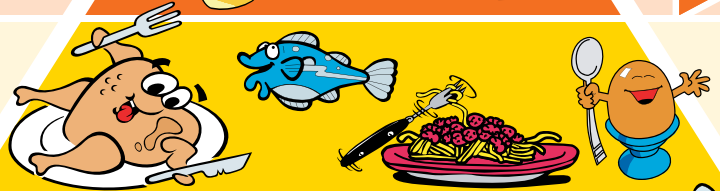
NOT every day

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



In very small amounts

**Fats, spreads and oils**



2 Servings a day

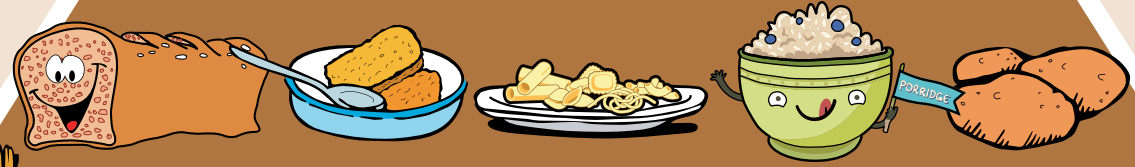
**Meat, poultry, fish, eggs, beans and nuts**



3-5 Servings a day

**Milk, yogurt and cheese**

5-8 year olds need 3 servings every day  
9-12 year olds need 5 servings every day  
13-18 year olds need 5 servings every day



3-5 Servings a day

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

Up to 7 servings for active teenage boys



5-7 Servings a day

**Vegetables, salad and fruit**

For children aged 5 and up