Healthy Food for Life

The 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

In very small amounts

Fats, spreads and oils

2 Servings a day

Meat, poultry, fish, eggs, beans and nuts

2 Servings a day

Milk, yogurt and cheese

3 Servings a day

Wholemeal cereals and breads, potatoes, pasta and rice

3-5 Servings a day

Vegetables, salad and fruit

5-7 Servings a day

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

<table>
<thead>
<tr>
<th>Active</th>
<th>Child (5-12)</th>
<th>Teenager (13-18)</th>
<th>Adult (19-50)</th>
<th>Adult (51+)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Active</td>
<td>3-4</td>
<td>4</td>
<td>4-5</td>
<td>3-4</td>
</tr>
<tr>
<td>Inactive</td>
<td>3</td>
<td>3-4</td>
<td>3</td>
<td>3</td>
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</tbody>
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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.