

THE FOOD PYRAMID



For children aged 5 and up

Foods and drinks high in fat,
sugar and salt



NOT every day

No more than 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



3-5
Servings
a day

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

Wholemeal cereals
and breads, potatoes,
pasta and rice



3-5
Servings
a day

Up to 7 servings for
active teenage boys

Vegetables,
salad and fruit



5-7
Servings
a day

Healthy Food for Life

www.healthyireland.ie