



For children aged 5 and up

Foods and drinks high in fat, sugar and salt



NOT every day

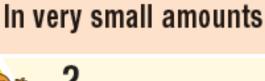
No more than once or twice a week

Fats, spreads and oils

Meat, poultry, fish, eggs, beans and nuts

Milk, yogurt and cheese





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

Vegetables, salad and fruit



Up to 7 servings for active teenage boys









