

The Food Pyramid

For adults, teenagers and children aged five and over

Not needed for good health.

Foods and drinks high in fat, sugar and salt



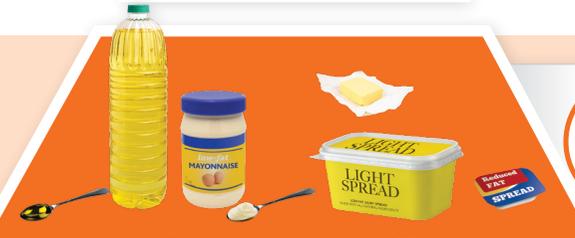
Most people consume snacks high in fat, sugar and salt and sugar sweetened drinks up to 6 times a day (Healthy Ireland Survey 2016). There are no recommended servings for Top Shelf foods and drinks because they are not needed for good health.



NOT every day

Fats, spreads and oils

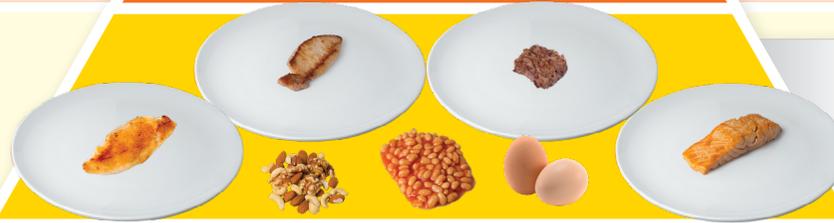
Use as little as possible. Choose mono or polyunsaturated reduced-fat or light spreads. Choose rapeseed, olive, canola, sunflower or corn oils. Limit mayonnaise, coleslaw and salad dressings as they also contain oil. Always cook with as little fat or oil as possible – grilling, oven-baking, steaming, boiling or stir-frying.



In very small amounts

Meat, poultry, fish, eggs, beans and nuts

Choose lean meat, poultry (without skin) and fish. Eat oily fish up to twice a week. Choose eggs, beans and nuts. Limit processed salty meats such as sausages, bacon and ham.



2 Servings a day

Milk, yogurt and cheese

Choose reduced-fat or low-fat varieties. Choose low-fat milk and yogurt more often than cheese. Enjoy cheese in small amounts. Women who are pregnant or breastfeeding need 3 servings a day.



3 Servings a day
5 for children age 9-12 and teenagers age 13-18

Wholemeal cereals and breads, potatoes, pasta and rice

Wholemeal and wholegrain cereals are best. Enjoy at each meal. The number of servings depends on age, size, if you are a man or a woman and on activity levels. Watch your serving size and use the Daily Servings Guide.*



3-5* Servings a day
Up to 7* for teenage boys and men age 19-50

Vegetables, salad and fruit

Base your meals on these and enjoy a variety of colours. More is better. Limit fruit juice to unsweetened, once a day.



5-7 Servings a day

Needed for good health. Enjoy a variety every day.

Foods and drinks high in fat, sugar and salt

Small or fun-size servings of chocolate, biscuits, cakes, sweets, crisps and other savoury snacks, ice cream and sugary – **not every day, maximum once or twice a week.**

1 serving is:

Fats, spreads and oils

- 1 portion pack reduced-fat or light spread for 2 slices of bread
- 1 teaspoon oil per person when cooking

Meat, poultry, fish, eggs, beans and nuts

- 50–75g cooked lean beef, lamb, pork, mince or poultry (half size of palm of hand)
- 100g cooked fish, soya or tofu
- ¾ cup beans or lentils
- 2 eggs
- 40g unsalted nuts or seeds

Milk, yogurt and cheese

- 1 glass (200ml) milk
- 1 carton (125g) yogurt
- 1 bottle (200ml) yogurt drink
- 2 thumbs (25g) hard or semi-hard cheese such as cheddar or edam
- 2 thumbs (25g) soft cheese such as brie or camembert

Wholemeal cereals and breads, potatoes, pasta and rice

- 2 thin slices wholemeal bread,
- 1½ slices wholemeal soda bread or
- 1 pitta pocket
- ⅓ cup dry porridge oats or ½ cup unsweetened muesli
- 1 cup flaked type breakfast cereal
- 1 cup cooked rice, pasta, noodles or cous cous
- 2 medium or 4 small potatoes,
- 1 cup yam or plantain

Vegetables, salad and fruit

- 1 medium sized fruit – apple, orange, pear or banana
- 2 small fruits – plums, kiwis or mandarin oranges
- Small fruits – 6 strawberries, 10 grapes or 16 raspberries
- ½ cup cooked vegetables – fresh or frozen
- 1 bowl salad – lettuce, tomato, cucumber
- 1 bowl homemade vegetable soup
- 150ml unsweetened fruit juice

Serving guide

Cereals, cooked rice and pasta, and vegetables, salad and fruit Use a 200ml disposable plastic cup to guide serving size.	Cheese Use two thumbs, width and depth to guide serving size.	Meat, poultry, fish The palm of the hand, width and depth without fingers and thumbs, shows how much you need in a day.	Reduced-fat spread Portion packs found in cafes can guide the amount you use. One pack should be enough for two slices of bread.	Oils Use one teaspoon of oil per person when cooking or in salads.

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

Active	Child (5–12)	Teenager (13–18)	Adult (19–50)	Adult (51+)
	3–4	4	4–5	3–4
	3–5	5–7	5–7	4–5
Inactive	Teenager (13–18)	Adult (19–50)	Adult (51+)	
	3	3–4	3	
	4–5	4–6	4	

There is no guideline for inactive children as it is essential that all children are active.

Alcohol weekly lower risk limits

11 standard drinks
(110g alcohol over a week)

17 standard drinks
(170g alcohol over a week)

Standard drinks
One standard drink contains
Calories: 100–150
Pure Alcohol: 10g

Examples of one standard drink
½ pint beer or lager
Small glass wine
Single measure spirit

Average daily calorie needs for all foods and drinks for adults

Active 2000kcal **Inactive** 1800kcal

Active 2500kcal **Inactive** 2000kcal



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.