

The Food Pyramid

For adults, teenagers and children aged five and over

Not needed for young adults

Foods and drinks high in fat, sugar and salt

NOT every day

!

Maximum once or twice a week

Fats, spreads and oils

1-2 servings a day

Meat, poultry, fish, eggs, beans and nuts

2 servings a day

Milk, yogurt and cheese

3 servings a day

3 for children age 5-12 and teenagers age 13-19

Wholemeal cereals and breads, potatoes, pasta and rice

3-5 servings a day

Up to 7* for teenage boys and men age 16-49

Vegetables, salad and fruit

5-7 servings a day

Needed for good health. Enjoy a variety every day

*Daily Serving Guide - wholemeal cereals and breads, potatoes, pasta and rice

Age	5-12	13-19	20-49	50-64	Gender	5-12	13-19	20-49	50-64
Male	3-4	4	4-5	3-4	Male	3	3-4	3	
Female	3-5	5-7	5-7	4-5	Female	4-5	4-6	4	

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

Source: Department of Health, December 2016



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 for 150 minutes a week. Children need to be active at a moderate to vigorous level for at least 60 minutes every day

New Food Guide Pyramid Lesson Plans

Jicheng Xie



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Whispering the Techniques of Language: An Mental Journey through **New Food Guide Pyramid Lesson Plans**

In a digitally-driven earth where monitors reign great and immediate transmission drowns out the subtleties of language, the profound techniques and mental nuances hidden within phrases frequently move unheard. However, nestled within the pages of **New Food Guide Pyramid Lesson Plans** a interesting literary treasure blinking with raw thoughts, lies an exceptional quest waiting to be undertaken. Written by a skilled wordsmith, that marvelous opus invites readers on an introspective trip, delicately unraveling the veiled truths and profound affect resonating within the cloth of each and every word. Within the emotional depths of the emotional review, we will embark upon a heartfelt exploration of the book is key subjects, dissect its charming publishing model, and yield to the powerful resonance it evokes deep within the recesses of readers hearts.

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