

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

In very
small
amounts

Meat, poultry, fish, eggs,
beans and nuts

2
servings
a day

Milk, yogurt and cheese

3
servings
a day

5 for
children age
9-12 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
16-22

Vegetables,
salad and fruit

5-7
servings
a day

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

Active	CHILD 10-13	TEENAGER 14-18	ADULT 19-50	ADULT 51+	Inactive	TEENAGER 14-18	ADULT 19-50	ADULT 51+
	3-4	4	4-5	3-4		3	3-4	3
	3-5	5-7	5-7	4-5		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

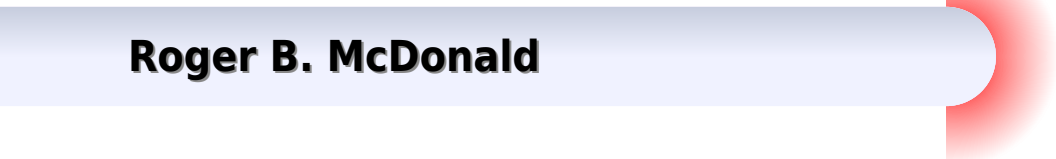


Get Active!

To maintain a healthy weight adults need at least 30 minutes
a day of moderate activity on 5 days a week (or 150 minutes a
week); children need to be active at a moderate to vigorous level
for at least 60 minutes every day

Revised Diabetes Food Guide Pyramid

Roger B. McDonald



Revised Diabetes Food Guide Pyramid:

The New Family Cookbook for People with Diabetes American Diabetes Association, 1999 Prepared jointly by the American Diabetes and American Dietetic associations this authoritative and comprehensive cookbook presents more than 375 recipes that are easy to prepare and tasty enough to satisfy the whole family Each recipe is accompanied by a nutritional analysis and the most current diabetes exchange information

Nutrition Paul M. Insel, R. Elaine Turner, Don Ross, 2004 Nutrition is unique in its behavioral approach challenging students to actively participate not just memorize the material Offering a balanced coverage of behavioral change and the science of nutrition

New Glucose Revolution for Diabetes Jennie Brand-Miller, Stephen Colagiuri, 2007-05-31 The New Glucose Revolution for Diabetes is the first comprehensive guide to using the glycemic index to control type 1 diabetes type 2 diabetes prediabetes and more The book features the latest most accurate information with new findings by the authors It includes GI based recipes and menus for type 1 type 2 prediabetes gestational diabetes and juvenile diabetes as well as related conditions like obesity and celiac disease plus practical dietary guidance on sugar sweeteners alcohol snacking and eating out

The Complete Idiot's Guide to Healthy Weight Loss, 2e Lucy Beale, Sandy G. Couvillon, 2005-12-06 Shed those pounds the healthy way This brand new edition of The Complete Idiot's Guide to Healthy Weight Loss not only gives readers critical information on nutrition and health it also delivers everything they need to know about the mental and exercise pieces of the weight loss puzzle In addition it presents a comprehensive overview of today's most popular diets chapters on such major diet types as low fat low sodium low carb and low cal as well as chapters on dieting for kids dieting for diabetics dieting for heart health and more Best of all readers will find five unique diet plans to help them lose weight and keep it off starting today Features new research on how nutrition and certain foods affect body weight Expanded information on surgical and pharmaceutical options for weight loss plus the skinny on supplements and over the counter remedies Upload exercise chapters with more fat burning exercises and updated charts for calorie burning including suggestions for meeting the U S Government's new exercise recommendations

Cooking Up Fun for Kids with Diabetes Patti Bazel Geil, Tami A. Ross, Tami Ross, 2003-06-09 Discusses healthy eating and nutrition for children with type 1 and type 2 diabetes and provides recipes for main dishes snacks and desserts Includes fun food facts

The 7 Step Diabetes Fitness Plan Sheri R. Colberg, 2009-06-17 Most of the 18 2 million Americans currently living with diabetes have been advised by their doctors or other health care providers that weight loss is essential for them to control their condition and stay healthy However the vast majority of people fail miserably at dieting ultimately regaining the pounds they manage to lose The latest research confirms though that diabetic people do not have to lose significant amounts of body fat to be healthy The 7 Step Diabetes Fitness Plan guides people step by step to achieve a healthy body despite having excess body fat and diabetes or pre diabetes primarily by becoming physically fit With practical information and tips on physical fitness blood sugar balance with physical activity nutrition nutritional supplements

emotional fitness diabetic medications motivation and more The 7 Step Diabetes Fitness Plan gives readers the knowledge they need to prevent reverse and control their diabetes through fitness and to live a long healthy life without the need for dieting and weight loss making this the essential diabetes fitness resource *A Student Guide to Health* Yvette Malamud Ozer,2012-09-07 This comprehensive five volume reference set is aligned with the National Health Education Standards containing up to date scientifically based information on a variety of health and wellness topics relevant to high school students A Student Guide to Health Understanding the Facts Trends and Challenges provides straightforward factual and accessible information about a multitude of health issues It is an essential reference set that provides high school students teachers and administrators with a comprehensive health and wellness education resource that aligns with National Health Education Standards and common health curriculum This expansive five volume set is ideal for students research projects highly useful as a resource for community college and public library patrons librarians teens and parents and is a suitable supplement to any health education curriculum Each chapter includes up to date evidence based information that provokes further examination and encourages critical thinking to evaluate the validity of information encountered about health and wellness topics Each chapter provides an abundance of references and lists of resources for further information including books articles websites organizations and hotlines Special attention is paid to social trends that affect youth health and wellness such as bullying eating disorders steroid abuse sexting and the peer pressure associated with drug use and abuse

Dr. Atkins' New Diet Revolution Robert D. C. Atkins,2002-09-01 This is an updated version of the book I wrote ten years ago to help as many people as I could to lose weight I felt certain then and continue to do so that the widespread dissemination of misinformation about what constitutes a healthy diet had caused that epidemic of weight gain in this country The book made a greater impact than anyone might have predicted Its sales exceeded ten million copies and it was the number oneselling diet and health book in the U S for nearly five years In fact it has been the all time top seller in its field Certainly of the millions of people who ve read it a large percentage followed its precepts lost weight kept it off and decisively improved their health What you hold in your hands is a thoroughly rewritten version of that work Having listened with care to the people who followed my weight control program I ve clarified and improved the do ability of the practical chapters of this book I ve added many new case histories and a horde of new and improved recipes Finally I ve incorporated information on the recent upsurge of scientific evidence We had it right ten years ago but now we have twice as much research to confirm the nutritional approach championed by New Diet Revolution **The Natural Diet Solution for PCOS and Infertility** Nancy Dunne,2006-03 This book suggests natural health solutions for PCOS ovarian cysts and polycystic ovaries that can help you to regulate your periods enhance your fertility diminish risk of miscarriage relieve depression lose excess fat and gain toned muscle enjoy increased energy on a consistent basis clear up acne decrease unwanted hair growth normalise skin tone and texture minimise heart disease and diabetes risk lessen the need for expensive medications reduce

need for ovarian surgery *Health and Wellness* Gordon Edlin, Eric Golanty, 2009-07-16 Nutrition Education: Linking Research, Theory, and Practice Isobel R. Contento, 2010-03-29 Nutrition Education Second Edition provides a simple straightforward model for designing effective nutrition education that addresses the personal and environmental influences that affect food choice and assists individuals in adopting healthy behaviors Using a six step process this text integrates theory research and practice and provides advice on designing implementing and evaluating theory based nutrition education *Health and Wellness* , *Invitation to Holistic Health* Charlotte Eliopoulos, 2010-08-24 Provides solid principles and proven measures to promote optimal health and well being using a holistic approach **Nutrition in Public Health** Sari Edelstein, 2010-09-13 **Biology of Aging** Roger B. McDonald, 2019-06-07 Biology of Aging Second Edition presents the biological principles that have led to a new understanding of the causes of aging and describes how these basic principles help one to understand the human experience of biological aging longevity and age related disease Intended for undergraduate biology students it describes how the rate of biological aging is measured explores the mechanisms underlying cellular aging discusses the genetic pathways that affect longevity in various organisms outlines the normal age related changes and the functional decline that occurs in physiological systems over the lifespan and considers the implications of modulating the rate of aging and longevity The book also includes end of chapter discussion questions to help students assess their knowledge of the material Roger McDonald received his Ph D from the University of Southern California and is Professor Emeritus in the Department of Nutrition at the University of California Davis Dr McDonald s research focused on mechanisms of cellular aging and the interaction between nutrition and aging His research addressed two key topics in the field the relationship between dietary restriction and lifespan and the effect of aging on circadian rhythms and hypothalamic regulation You can contact Dr McDonald at rvmcdonald@ucdavis.edu Related Titles Ahmad S I ed Aging Exploring a Complex Phenomenon ISBN 978 1 1381 9697 1 Moody H R J Sasser Gerontology The Basics ISBN 978 1 1387 7582 4 Timiras P S Physiological Basis of Aging and Geriatrics ISBN 978 0 8493 7305 3 *Atkins for Life* Robert C. Atkins, 2004-12-28 This 1 New York Times bestseller is filled with advice on navigating the everyday challenges that can come with eating low carb in a high carb world Provides a simple and straightforward lifetime program that anyone can follow Martin s Press *Berek & Novak's Gynecology* Jonathan S. Berek, 2007 Thoroughly revised and updated this comprehensive and general gynecological textbook provides guidance for the management of specific gynecological conditions *Catalog. Supplement* Food and Nutrition Information and Educational Materials Center (U.S.), 1977 Includes bibliography and indexes subject personal author corporate author title and media index The All-New Diabetic Cookbook Kitty Maynard, Lucian Maynard, 1998-09-12 Included are traditional recipes from appetizers to desserts and new vegetarian recipes using a variety of rice grains and vegetables With recipes for children it is the perfect book for young and old alike A complete guide to healthy eating The All New Diabetic Cookbook includes up to date and easy to understand information on eating out traveling

and stress management In addition it provides the ADA s new exchange lists and nutrition recommendations Developed by a team uniquely qualified both in the medical care of those with diabetes and in cooking and meal planning The All New Diabetic Cookbook includes menu plans that accommodate several levels of caloric intake from 1 000 to 3 000 calories per day A detailed nutritional analysis of each dish including the number of calories and percentage of calories that come from fat follows each recipe Beautifully illustrated with full color photographs and containing more than 400 recipes The All New Diabetic Cookbook is a book doctors will recommend to their patients It is a thorough revision of Cooking for Diabetics which has sold over 100 000 copies **Prevention Report** ,1994

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