

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

M Lipman



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