Use the FOOD PYRAMID

to plan your daily healthy food choices

Alcohol weekly lower risk limits

Men:	Women:
17 standard drinks. (170g alcohol over a week)	11 standard drinks. (110g alcohol over a week)

Standard drinks (SD) contain roughly 10g of pure alcohol

1 SD = 1/2 pint beer = single measure spirit = small glass wine

The foods on these shelves are essential for good health, enjoy a variety every day.

Foods and drinks high in fat, sugar and salt
Limit to sometimes, **not every day.**

Reduced-fat spreads and oils
Use as little as possible. Choose reduced fat or light spreads. Choose rapeseed, olive, canola, sunflower or corn oils.

2

Meat, poultry, fish, eggs, beans and nuts
Choose lean meat and low-fat cooking methods (grilling, baking, steaming or boiling).
Choose fish twice a week – oily fish is best.

3

Milk, yogurt and cheese
Choose 3 servings a day.
Aged 9-18 years – choose 5 servings a day.
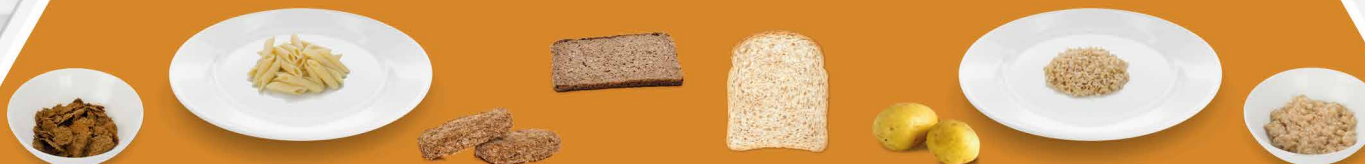Reduced-fat or low-fat varieties are best.

5+

Fruit and vegetables
Choose 5 or more servings a day.

6+

Breads, cereals, potatoes, pasta and rice
Choose at least 6 servings.
High-fibre varieties are best.
Include in each meal.

Food Pyramid for adults and children aged 5 years and over.

Drink at least 8 cups of fluid a day – water is best

Foods high in fat, sugar and salt: portions equivalent to approximately 100 calories

4 squares of chocolate (half a bar)
1 small or fun-sized chocolate coated bar
1 bag lower-fat crisps
1 small cup cake (no icing) or 1 plain mini muffin

2 plain biscuits or 1 chocolate biscuit
½ can or 200ml of sugary drink
1 scoop of vanilla ice-cream
½ or 1 cereal bar – check the label for calories

Reduced-fat spreads and oils
1 portion pack of reduced-fat spread for 2-3 slices of bread
1 teaspoon of oil per person when cooking
Mayonnaise and salad dressing also contain oil

2

Meat, poultry, fish, eggs, beans and nuts
50-75g cooked (100g or size of a pack of cards uncooked) lean beef, pork, mince or poultry
100g cooked fish, soya or tofu
6 dessertspoons of peas, beans or lentils
2 eggs
40g unsalted nuts

Aged 9-18: 5 servings

3

Milk, yogurt and cheese
1 glass milk (200ml)
1 carton yogurt (125g)
1 yogurt drink (200ml)
1 matchbox size (25g) of hard or semi-hard cheese such as cheddar or edam
50g soft cheese such as brie or camembert

More is better

5+

Fruit and vegetables
1 medium sized fruit – apple, orange, pear or banana
2 small fruits – plums, kiwis, mandarin oranges or 10 grapes
½ cup or 4 dessertspoons of cooked vegetables – fresh or frozen
1 bowl of salad – lettuce, tomato, cucumber
100ml unsweetened fruit juice

Active men and teenage boys - up to 12 servings a day
Active women and teenage girls - up to 8 servings a day

6+

Breads, cereals, potatoes, pasta and rice
1 thin slice of bread
2 breakfast cereal wheat or oat biscuits
3 dessertspoons of dry porridge oats or muesli
4 dessertspoons of flake type breakfast cereal
3 dessertspoons of cooked pasta, rice or noodles
1 medium or 2 small potatoes

Use a **200ml disposable plastic cup** to guide portion size of cereals, cooked rice and pasta, and even vegetables, salad and fruit.

A **matchbox** can guide you on a serving of cheese. Reduced-fat options are best.

The **palm of the hand,** width and depth without fingers and thumbs, shows how much meat, poultry or fish you need in a day.

Portion packs of reduced-fat spread found in cafes can guide the amount you use. One should be enough for 2-3 slices of bread.

A **5ml teaspoon** can guide your portion size for peanut butter, jam, marmalade or honey.

Get active

To maintain a healthy weight you need to be physically active regularly.

Adults
At least 30 minutes of moderate intensity physical activity on 5 days a week, or
At least 150 minutes of moderate intensity physical activity a week.

Children and young people
At least 60 minutes of moderate intensity physical activity every day.

To lose weight – adults only
60-75 minutes of moderate intensity physical activity at least 5 days a week may be required.

If you are extremely inactive or have a high BMI (30 or above) start with bouts of 10 minutes and gradually increase duration and intensity.