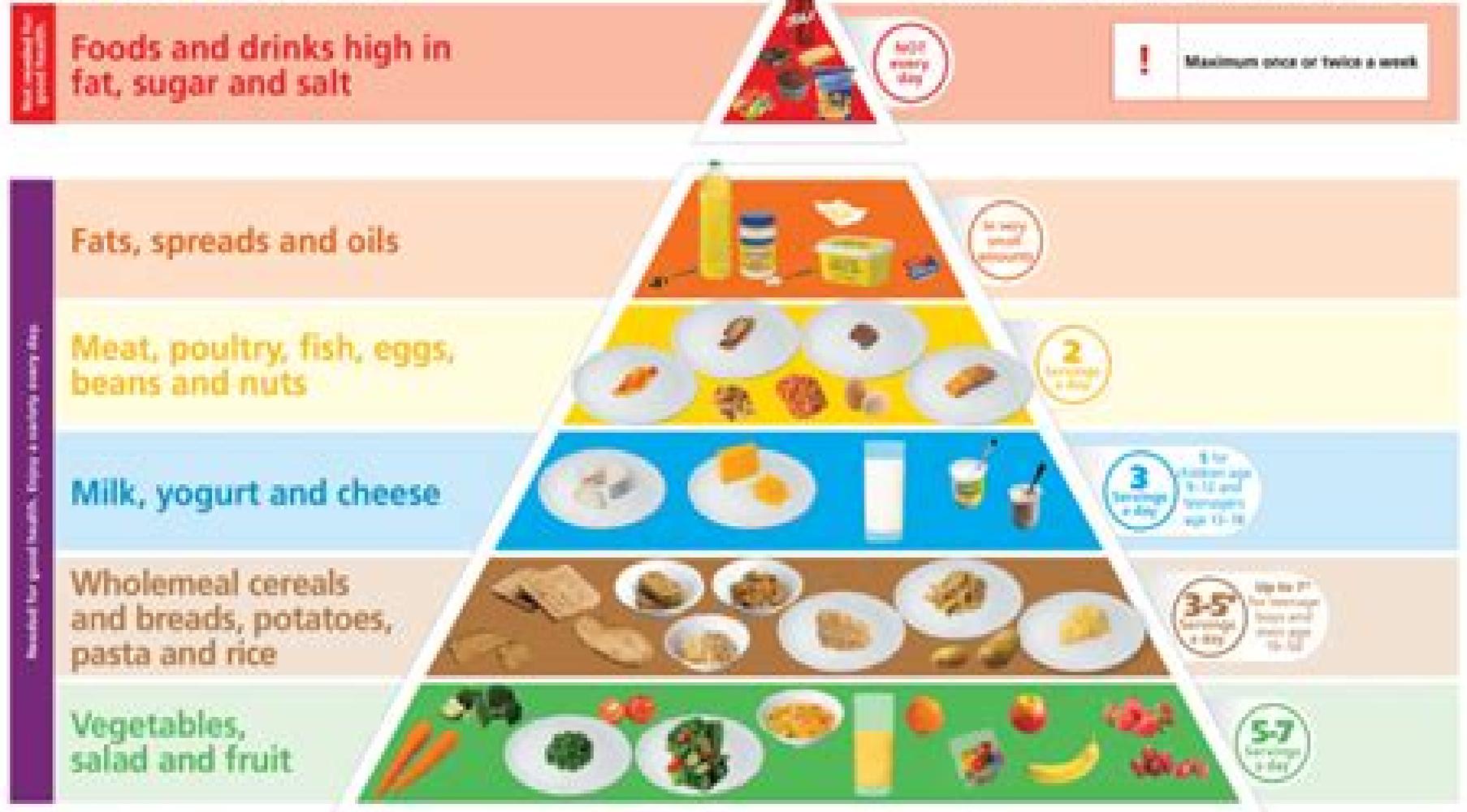


The Food Pyramid

For adults, teenagers and children aged five and over



*Daily Servings Guide – wholemeal cereals and breads, proteins, pasta and rice

Active	Child (5-10)	Teen (11-18)	Adult (19-50)	Older (51+)	Gender	Child (5-10)	Teen (11-18)	Adult (19-50)	Older (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.

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.

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Table of Contents Food Food Guide Health Man Study

1. Understanding the eBook Food Food Guide Health Man Study
 - The Rise of Digital Reading Food Food Guide Health Man Study
 - Advantages of eBooks Over Traditional Books
2. Identifying Food Food Guide Health Man Study
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Food Food Guide Health Man Study
 - User-Friendly Interface
4. Exploring eBook Recommendations from Food Food Guide Health Man Study
 - Personalized Recommendations
 - Food Food Guide Health Man Study User Reviews and Ratings
 - Food Food Guide Health Man Study and Bestseller Lists
5. Accessing Food Food Guide Health Man Study Free and Paid eBooks
 - Food Food Guide Health Man Study Public Domain eBooks
 - Food Food Guide Health Man Study eBook Subscription Services
 - Food Food Guide Health Man Study Budget-Friendly Options
6. Navigating Food Food Guide Health Man Study eBook Formats

- ePub, PDF, MOBI, and More
 - Food Food Guide Health Man Study Compatibility with Devices
 - Food Food Guide Health Man Study Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Food Food Guide Health Man Study
 - Highlighting and Note-Taking Food Food Guide Health Man Study
 - Interactive Elements Food Food Guide Health Man Study
 8. Staying Engaged with Food Food Guide Health Man Study
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Food Food Guide Health Man Study
 9. Balancing eBooks and Physical Books Food Food Guide Health Man Study
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Food Food Guide Health Man Study
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Food Food Guide Health Man Study
 - Setting Reading Goals Food Food Guide Health Man Study
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Food Food Guide Health Man Study
 - Fact-Checking eBook Content of Food Food Guide Health Man Study
 - Distinguishing Credible Sources
 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
 14. Embracing eBook Trends
 - Integration of Multimedia Elements
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