

Use the **FOOD PYRAMID** to plan your daily healthy food choices



Alcohol weekly lower risk limits

Men: 17 standard units.
(170g alcohol over a week)

Women: 11 standard units.
(110g alcohol over a week)

Food and drinks high in fat, sugar and salt. These are not necessary for healthy eating. Limit to sometimes **but not** every day



Use as little as possible of all oils, fats, butters and spreads

2



Oils, fats and spreads

Choose 2 servings
Choose low fat, monounsaturated and polyunsaturated varieties

The foods on these shelves are essential for good health

2



Meat, fish, eggs and alternatives

Choose 2 servings. Choose lean meat and low fat cooking methods (grilling/baking/boiling) Choose oily fish one or two days a week

3



Milk, cheese and yoghurts

Choose 3 servings (aged 9-18 yrs - choose 5)
Choose low fat varieties

5



Fruit and Vegetables

Choose 5 or more servings

6+



Breads, cereals and potatoes

Choose at least 6 servings. High fibre varieties are best. Include in each meal

Drink water regularly - **AT LEAST 8 CUPS OF FLUID PER DAY**



Use a 250 ml disposable plastic cup to guide portion size of cereals, soups, rice and pasta, and most vegetables, salad and fruit



If food packages can guide your portion size for pasta, butter, oil, margarine or honey



A Matchbox can guide you on a serving of cheese. Low fat options are best



Portion packs of butter or spread (found in shops) can guide the amount you use



The Palm of the hand (with and thumb) without fingers and thumb) shows how much meat, poultry or fish you need in a day

Food Guide Pyramid Gestational Diabetes

Y Pai

A decorative graphic element consisting of a horizontal light blue bar with a rounded right end, overlapping a red circular gradient shape.

Food Guide Pyramid Gestational Diabetes:

Food Guide Pyramid Gestational Diabetes Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the power of words has are more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **Food Guide Pyramid Gestational Diabetes**, a literary masterpiece that delves deep in to the significance of words and their impact on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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