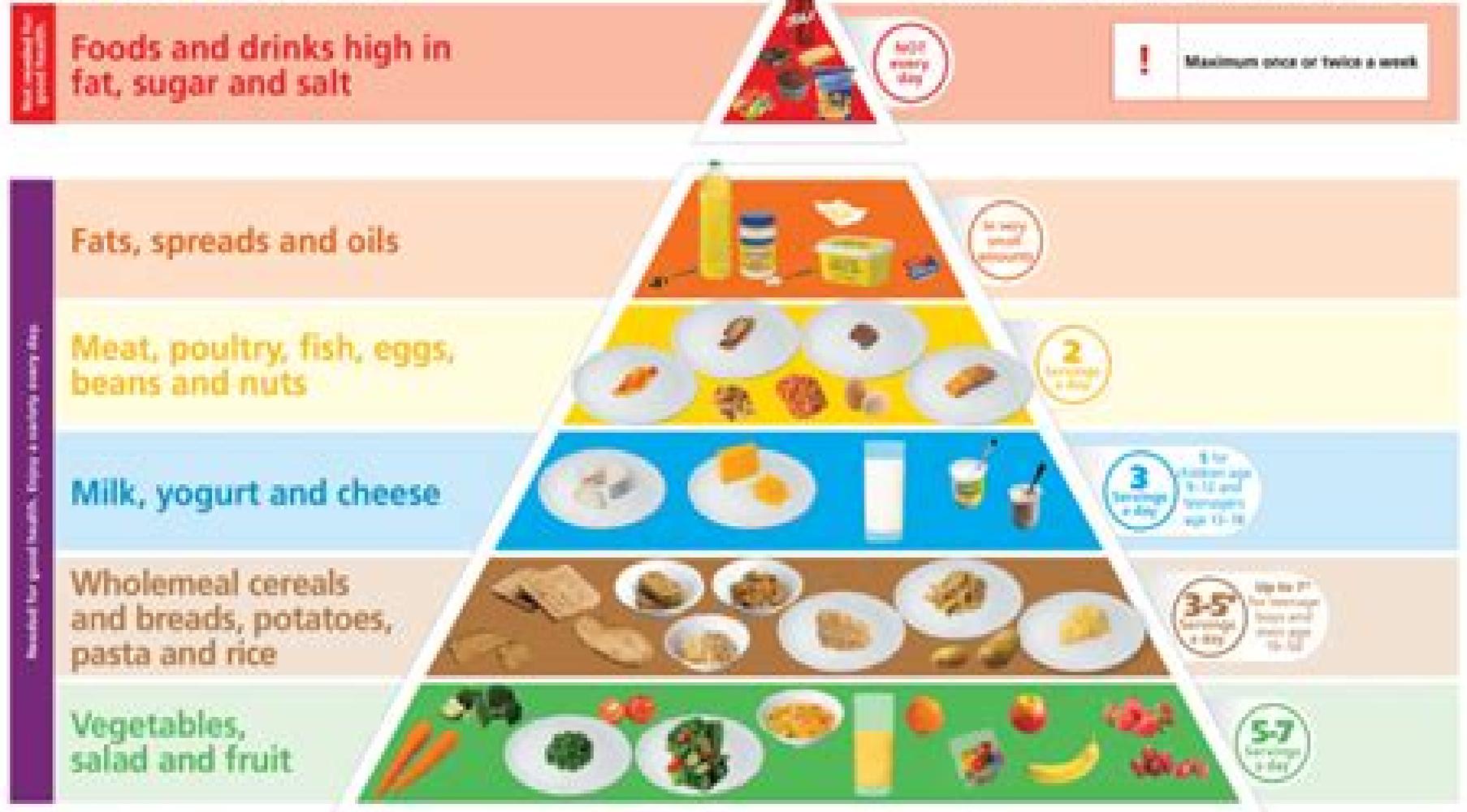


# The Food Pyramid

For adults, teenagers and children aged five and over



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

Active	Child (5-11)	Teen (12-18)	Adult (19-50)	Older (51+)	Gender	Child (5-11)	Teen (12-18)	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.

# Food Food Guide Health Man Study

**L Darling-Hammond**



**Food Food Guide Health Man Study:**

## Unveiling the Magic of Words: A Report on "**Food Food Guide Health Man Study**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Food Food Guide Health Man Study**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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