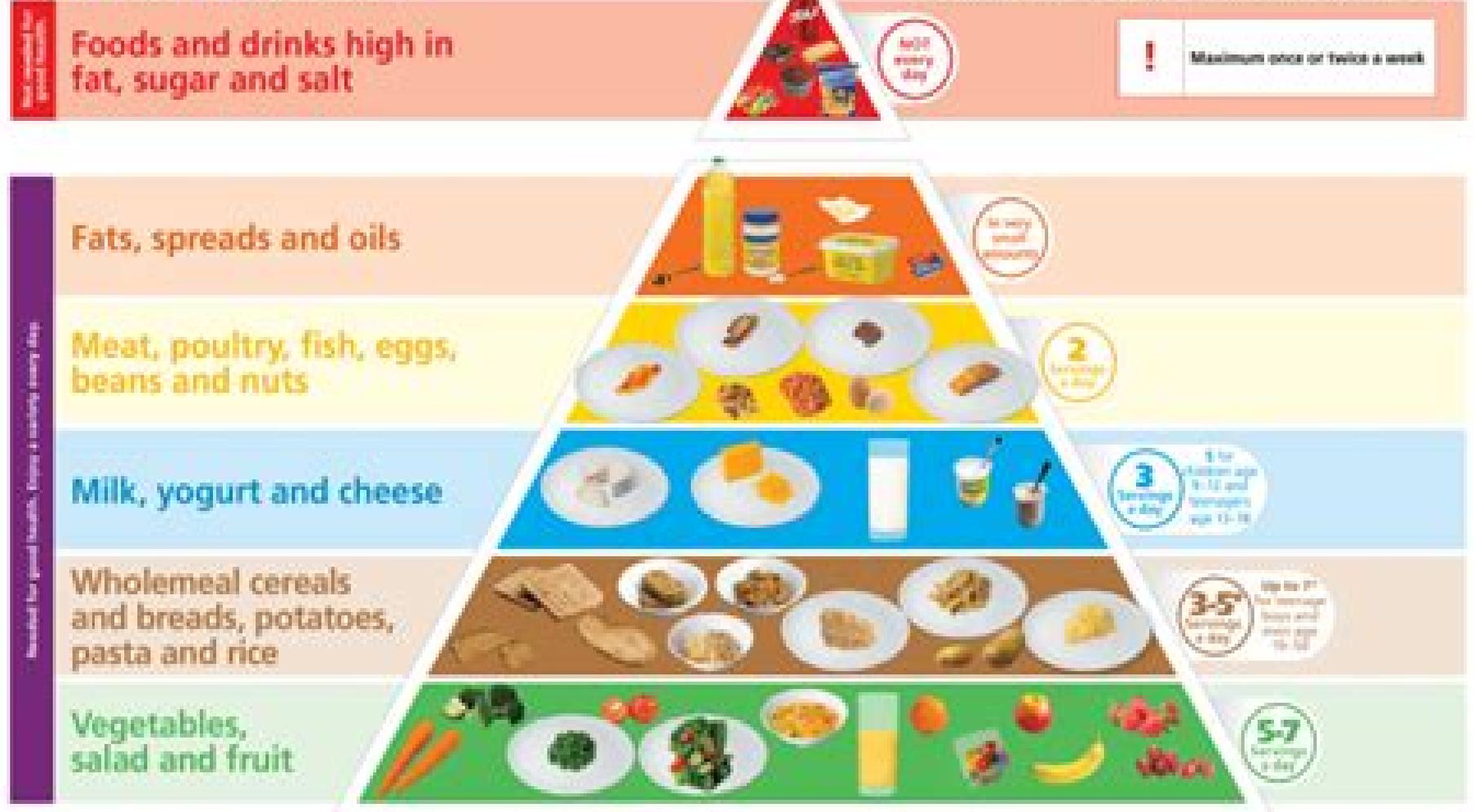


The Food Pyramid

For adults, teenagers and children aged five and over



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

Active	Child (5-12)	Teen (13-18)	Adult (19-50)	Older (51+)	Gender	Child (5-12)	Teen (13-18)	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

F Rizvi



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Decoding **Food Food Guide Health Man Study**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Food Food Guide Health Man Study**," a mesmerizing literary creation penned by a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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