

The Food Pyramid

For adults, teenagers and children aged five and over

Foods and drinks high in fat, sugar and salt

NOT every day

Most people consume snacks high in fat, sugar and salt and sugar sweetened drinks up to 4 times a day (Healthy Ireland Survey 2016). There are no recommended servings for Top Shelf foods and drinks because they are not needed for good health.

Fats, spreads and oils

Use as little as possible

Use as little as possible. Choose mono or polyunsaturated reduced fat or light spreads. Choose rapeseed, olive, canola, sunflower or corn oils. Limit margarine, vegetable and salad dressings as they also contain oil. Always cook with a little fat or oil as possible - grilling, steam baking, steaming, boiling or stir-frying.

Meat, poultry, fish, eggs, beans and nuts

2 servings a day

Choose lean meat, poultry (without skin) and fish. Eat oily fish up to twice a week. Choose eggs, beans and nuts. Limit processed salty meats such as sausage, bacon and ham.

Milk, yogurt and cheese

3 servings a day

Choose reduced fat or low fat varieties. Choose low-fat milk and yogurt more often than cheese. Enjoy cheese in small amounts. Women who are pregnant or breastfeeding need 3 servings a day.

Wholemeal cereals and breads, potatoes, pasta and rice

3-5 servings a day

Up to 2¹/₂ servings a day for men age 19-50

Wholemeal and wholegrain cereals are best. Enjoy at each meal. The number of servings depends on age, sex, if you are a teen or a woman and an active level. Watch your serving size and use the Daily Servings Guide below.*

Vegetables, salad and fruit

5-7 servings a day

Base your meals on these and enjoy a variety of colours. More is better. Limit fruit juice to unsweetened, once a day.

Food Guide Pyramid In Different Languages

TD Snyder



Food Guide Pyramid In Different Languages:

Enjoying the Melody of Term: An Emotional Symphony within **Food Guide Pyramid In Different Languages**

In some sort of eaten by monitors and the ceaseless chatter of immediate connection, the melodic beauty and mental symphony developed by the written term frequently diminish in to the back ground, eclipsed by the persistent sound and distractions that permeate our lives. However, nestled within the pages of **Food Guide Pyramid In Different Languages** a stunning fictional prize full of fresh feelings, lies an immersive symphony waiting to be embraced. Constructed by an elegant composer of language, that interesting masterpiece conducts viewers on an emotional trip, well unraveling the hidden tunes and profound affect resonating within each cautiously crafted phrase. Within the depths of the touching assessment, we will discover the book is central harmonies, analyze their enthralling writing type, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

<https://blog.gospelcrusade.org/About/virtual-library/Documents/Without%20Experience%20How%20To%20Create%20Online%20Course%20Using%20AI%20With%20Free%20Tools%20BATCH53%202139.pdf>

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