

The Food Pyramid

For adults, teenagers and children aged five and over



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

| Active | 1-4 | 4 | 4-5 | 3-4 | Gender | Female | Male | Age 12-18 |
|--------|-----|-----|-----|-----|--------|--------|------|-----------|
| 1 | 3-4 | 4 | 4-5 | 3-4 | 1 | 3 | 3-4 | 3 |
| 2 | 3-5 | 5-7 | 5-7 | 4-5 | 1 | 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

D Kirk



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