

How to use the Pyramid

The recommended number of servings for children (from 5 years of age*) and adults is highlighted beside each shelf. For example, to get at least 4 servings from the Fruit and Veg shelf you could have:

1/2 a glass of fruit juice = 1

3 dessertspoons of veg = 1

1 apple = 1

1 banana = 1

TOTAL = 4

Use the FOOD PYRAMID to Plan Your Healthy Food Choices

For serving sizes and daily eating plan see over → → → →



Rda Food Guide Pyramid

L Reisser



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