### How to use the Pyromid

The incommended 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 Fault and Veg shelf you could have:

1/a a glass of fruit juice = 1

3 dessertspoons of vegw 1

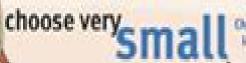
1 apple = 1

a banana = 1

TOTAL = A

# FOOD PYRAMID to Plan Your Healthy Food Choices

For serving sizes and daily eating plan see over -> -> -> ->



nal

Occur sile, margerine or low fat spreads labelled 'Wigh
in Polyunsaturation' or 'bigh in Monounsaturation' which
are healthier for your heart. Doe sparingly, Limit blod
amounts
Anoth to 1-0 times a seech.

# choose any

### MEAT, FISH, EGGS, BEANS & PEAS

Choose I servings during pregnancy

# choose any

### MILK, CHEESE & YOGURT

Choose Law list choices frequently, except for young children. Choose 5 servings for teenagers or if programs or broast feeding.

## choose any

### **FRUIT & VEGETABLES**

Choose green leafy segetables, clinus fruit and fruit juices frequently.

### choose any

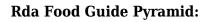
# 6+

### BREAD, CEREALS & POTATOES

Choose high fibre cereals and broads frequently.
If physical activity is high, up to sa servings may be recessary.

# **Rda Food Guide Pyramid**

**L** Reisser



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