

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

As very small amounts

Use as little as possible. Choose mono or polyunsaturated reduced-fat or light spreads. Choose rapeseed, olive, canola, sunflower or corn oils. Limit mayonnaise, coleslaw and salad dressings as they also contain oil. Always cook with as little fat or oil as possible - grilling, oven-baking, steaming, boiling or air-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 sausages, 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

Wholemeal and wholegrain cereals are best. Enjoy at each meal. The number of servings depends on age, size, if you are a man or a woman and on activity levels. 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.

*Daily Servings Guide - wholemeal cereals and breads, potatoes, pasta and rice

Active	Child (5-10)	Teenager (11-18)	Adult (19-50)	Adult (51+)	Inactive	Teenager (11-18)	Adult (19-50)	Adult (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.

Serving size guide

Cereals, cooked rice and pasta, and vegetables, salad and fruit
Use a 200ml disposable plastic cup to guide serving size.

Cheese
Use two thumbs, width and depth to guide serving size.

Meat, poultry, fish
The palm of the hand, width and depth without fingers and thumb, shows how much you need in a day.

Reduced fat spread
Portion packs found in cafes can guide the amount you use. One pack should be enough for two slices of toast.

Oils
Use one teaspoon of oil per person when cooking or in salads.

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.

Average daily calorie needs for all foods and drinks for adults

Active 2000kcal **Inactive 1800kcal** **Active 2500kcal** **Inactive 2000kcal**

New Food Guide Pyramid For Child

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