

# 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 thumbs, 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

**Jodie Shield, M.Ed., R.D, Mary  
Catherine Mullen, M.S., R.D**



## **New Food Guide Pyramid For Child:**

Handbook of Nutrition and Food Carolyn D. Berdanier, 2001-10-30 With a clear and concise format Handbook of Nutrition and Food presents the quantitative and qualitative data and information needed by nutritionists dieticians and health care professionals It proceeds from human development to body systems and disease to micro macro nutrients and concludes with nutrition counseling and community nutrition See **Family Economics and Nutrition Review** ,1997 Soda Politics

Marion Nestle, 2015-09-07 Sodas are astonishing products Little more than flavored sugar water these drinks cost practically nothing to produce or buy yet have turned their makers principally Coca Cola and PepsiCo into a multibillion dollar industry with global recognition distribution and political power Billed as refreshing tasty crisp and the real thing sodas also happen to be so well established to contribute to poor dental hygiene higher calorie intake obesity and type 2 diabetes that the first line of defense against any of these conditions is to simply stop drinking them Habitually drinking large volumes of soda not only harms individual health but also burdens societies with runaway healthcare costs So how did products containing absurdly inexpensive ingredients become multibillion dollar industries and international brand icons while also having a devastating impact on public health In Soda Politics the 2016 James Beard Award for Writing Coca Cola and PepsiCo spend billions of dollars each year to promote their sale to children minorities and low income populations in developing as well as industrialized nations And once they have stimulated that demand they leave no stone unturned to protect profits That includes lobbying to prevent any measures that would discourage soda sales strategically donating money to health organizations and researchers who can make the science about sodas appear confusing and engaging in Corporate Social Responsibility CSR activities to create goodwill and silence critics Soda Politics follows the money trail wherever it leads revealing how hard Big Soda works to sell as much of their products as possible to an increasingly obese world But Soda Politics does more than just diagnose a problem it encourages readers to help find solutions From Berkeley to Mexico City and beyond advocates are successfully countering the relentless marketing promotion and political protection of sugary drinks And their actions are having an impact for all of the hardball and softball tactics the soft drink industry employs to maintain the status quo soda consumption has been flat or falling for years Health advocacy campaigns are now the single greatest threat to soda companies profits Soda Politics provides readers with the tools they need to keep up pressure on Big Soda in order to build healthier and more sustainable food systems **Healthy School Meals- Healthy Kids!** ,1997

*Food Buying Guide for Child Nutrition Programs* ,2001 **The Smart Parent's Guide** Jennifer

Trachtenberg, 2010-03-16 What to Do When You Don't Know What to Do Moms and dads need expert guidelines especially when it comes to their kids health This book reveals the inside strategies I use myself I'm a parent too to avoid critical common blunders where it matters most in the ER pediatrics ward all night pharmacy exam room or any other medical hot spot for kids These tips could save your child's life one day Even tomorrow Dr Jen Making health care decisions for your child

can be overwhelming in this age of instant information It s easy to feel like you know next to nothing or way too much Either way you may resort to guessing instead of making smart choices That s why the nation s leading health care oversight group The Joint Commission joined forces with Dr Jennifer Trachtenberg on this book to help you make the right decisions whether you re dealing with a checkup or a full blown crisis The Smart Parent s Guide will give you the information you need to manage the pediatric health care system Dr Jen understands the questions parents face as a mom she s faced them herself She walks you through everything from how to choose the best ER for kids not adults to when to give a kid medicine or not to how pediatricians care for their own children prepare to be surprised Her goal is your goal to protect the health of your children There simply is nothing more important

**Nutrition and Metabolism** Christos S. Mantzoros,2009-04-20

Nutrition and Metabolism Underlying Mechanisms and Clinical Consequences brings together internationally recognized experts to comprehensively review our current understanding of how nutrition interacts with the genetic substrate as well as environmental exogenous factors including physical activity or the lack thereof to result in insulin resistance and the metabolic syndrome After presenting the scope of the problem the first major part of the book is devoted to genetics and pathophysiology the second part of the book presents the public health perspective of the most prevalent problems associated with nutrition and the metabolic syndrome whereas the third major part of the book focuses on clinical assessment and management of the main disease states associated with inappropriate nutrition and the metabolic syndrome Finally general information useful for both clinicians and researchers alike is presented in the Appendix Nutrition and Metabolism Underlying Mechanisms and Clinical Consequences offers the reader an up to date and authoritative review of the major scientific and clinical aspects of the overlapping areas between nutrition and metabolism

Our Overweight Children Sharron Dalton,2005-09-14 This handbook is for parents with overweight children and medical professionals who work with this population to help insure they don t grow up to be adults with serious health problems related to their excessive weight

**Agriculture, Rural Development, Food and Drug Administration, and Related Agencies Appropriations for 2006** United States. Congress. House. Committee on Appropriations. Subcommittee on Agriculture, Rural Development, Food and Drug Administration, and Related Agencies,2005

*The American Dietetic Association Guide to Healthy Eating for Kids* Jodie Shield, M.Ed., R.D,Mary Catherine Mullen, M.S., R.D,2007-08-17 What your kids should eat to get a real nutritional edge This is a book every parent can use and appreciate Julie O Sullivan Maillet PhD RD President American Dietetic Association Does your grade schooler ever trade away his lunch Does she only pick at her dinner at home or complain she doesn t like what s set before her The grade school years are nutritionally a very important time for children and getting your child to eat healthy and make smart choices can be a challenge Written with the full support of the American Dietetic Association the American Dietetic Association Guide to Healthy Eating for Kids arms you with practical skills to make sure your kids are eating right even when they re not under your roof Jodie Shield and Mary Catherine Mullen

are mothers as well as registered dietitians with more than twenty years of professional experience in childhood nutrition Their five star system offers hands on advice on how to turn eating dilemmas into fun nutritionally educational opportunities Whether your child is a breakfast skipper an unreasonable eater a lunch trader or even a snack a holic you ll find fast real life solutions for transforming eating habits including Banishing brown bag boredom Secrets of successful family meals Smart snacks for hungry kids The top nutrition mistakes parents make Fueling your grade schooler for fitness The principles of menu planning Breakfast basics for busy families Teaching smart nutrition to your young athlete Developing a gold star feeding relationship with your child Offering delicious recipes your child won t be able to resist this timely reference gives you all the nutrition knowledge you need to teach your child how to eat smart now and for the rest of his or her life

**Agriculture, Rural Development, and Related Agencies Appropriations for Fiscal Year 2000** United States. Congress. Senate. Committee on Appropriations. Subcommittee on Agriculture, Rural Development, and Related Agencies,2000      **Fostering Child and Adolescent Mental Health in the Classroom** Raymond J. Waller,2006-03-13 Fostering Child and Adolescent Mental Health in the Classroom provides educators and school personnel with a thorough readable guide to some of the most common mental health issues they are likely to confront in the classroom Editor Raymond J Waller offers pre service and in service educators strategic tools to help take the proper steps toward addressing the mental health issues of their students Key Features Encourages effective collaboration between teachers and mental health professionals While most books related to children s mental health are written for mental health personnel this book offers strategies that teachers can use in their classrooms to help children with mental health issues The chapters in this book are written by experts in the field and address contemporary common mental health issues experienced by children and adolescents Gives teachers confidence in having a positive impact Educators are often among the most influential people in the lives of children and this book offers helpful and practical roles for educators in promoting mental health in all children Real life vignettes demonstrate how various mental health problems may manifest in the classroom and how these problems can be addressed effectively in the school setting Helps identify mental health problems in the classroom Few teachers are specifically taught to identify student behaviors that may potentially result in severely reduced functioning or risk of harm to self or others This text will assist educators in recognizing symptoms of crisis and offer practical suggestions rather than treatment or diagnosis which is beyond the purview of most educators Intended Audience This is an excellent supplementary textbook for advanced undergraduate and graduate courses on Classroom Management It can also be used in a variety of courses in Education Special Education Educational Psychology School Psychology School Counseling and School Social Work      *Children's Magazine Guide* ,2005      **Nutrition Education Materials and Audiovisuals for Grades Preschool Through 6** ,1997      *BOPOD - Wong's Nursing Care of Infants and Children* Marilyn J. Hockenberry,David Wilson,2014-01-30 The most trusted authority in pediatric nursing Wong s Nursing Care of Infants and Children provides

unmatched comprehensive coverage of pediatric growth development and conditions Its unique age and stage approach covers child development and health promotion as well as specific health problems organized by age groups and body systems Leading pediatric experts Dr Marilyn Hockenberry and David Wilson provide an evidence based clinical perspective based on nearly 30 years of hands on experience Easy to read and extensively illustrated this edition focuses on patient centered outcomes and includes updates on topics such as the late preterm infant immunizations the H1N1 virus and childhood obesity A clear straightforward writing style makes content easy to understand Unique Evidence Based Practice boxes help you apply both research and critical thought processes to support and guide the outcomes of nursing care Unique Atraumatic Care boxes contain techniques for care that minimize pain discomfort or stress Unique Critical Thinking exercises help you test and develop your own analytical skills A unique focus on family content emphasizes the role and influence of the family in health and illness with a separate chapter discussions throughout the text and family centered care boxes Nursing Care Guidelines provide clear step by step detailed instructions on performing specific skills or procedures Unique Emergency Treatment boxes serve as a quick reference for critical situations Unique Cultural Awareness boxes highlight ways in which variations in beliefs and practices affect nursing care for children A developmental approach identifies each stage of a child s growth Health promotion chapters emphasize principles of wellness and injury prevention for each age group Student friendly features include chapter outlines learning objectives key points references and related topics and electronic resources to help you study and review important content A community focus helps you care for children outside the clinical setting Nursing Care Plans include models for planning patient care with nursing diagnoses patient family goals nursing interventions rationales expected outcomes and NIC and NOC guidelines Nursing Tips include helpful hints and practical clinical information and Nursing Alerts provide critical information that must be considered in providing care

Healthy Eating , *Food and Nutrition Resource List for Child Care and Preschool Staff* Shirley King Evans,1998

**108-1 Hearings: Agriculture, Rural Development, Food and Drug Administration, and Related Agencies**

**Appropriations For 2004, Part 8, March 20, 2003, \***,2003 Managing Capital Flows in East Asia ,1996-01-01 Analyzes the deficiencies of the budget system and recommends ways of improving fiscal management so that it meets the requirements of a decentralized market based economy The structural transformation of the Russian economy since 1992 has been accompanied by major changes in the countrys fiscal picture ranging from massive reductions in government spending through the introduction of noninflationary treasury bill financing to fiscal decentralization This report analyzes the deficiencies of the budget system and recommends ways of improving fiscal management so that it meets the requirements of a decentralized market based economy The study focuses on two crucial and interrelated features of fiscal management that determine the outcome of fiscal policy and the allocative efficiency of government resources intergovernmental fiscal relations and the structural technical and institutional aspects of the budget system *Child and Adolescent Obesity* Walter

Burniat, Tim J. Cole, Inge Lissau, Elizabeth M. E. Poskitt, 2006-06-01 This book addresses the ever increasing problem of obesity in children and adolescents the long term health and social problems that arise from this and approaches to prevention and management Aimed at doctors and all health care professionals it will be of interest to all those concerned with the increasing prevalence of obesity in both the developed and developing world It covers all aspects of obesity from epidemiology and prevention to recent developments in biochemistry and genetics and to the varied approaches to management which are influenced by social and clinical need A foreword by William Dietz and a forward looking future perspectives conclusion by Philip James embrace an international team of authors all with first hand experience of the issues posed by obesity in the young This comprehensive survey of an important and growing medical problem will help inform influence and educate those charged with tackling this crisis

## Decoding **New Food Guide Pyramid For Child**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**New Food Guide Pyramid For Child**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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