

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 → → → →



choose very
small
amounts

Choose oils, margarine or low fat spreads labelled 'High in Polyunsaturates' or 'High in Monounsaturates' which are healthier for your heart. Use sparingly. Limit fried foods to 1-2 times a week.

choose any **2**

MEAT, FISH, EGGS, BEANS & PEAS

Choose lean meats or trim off fat.
Choose 3 servings during pregnancy.

choose any **3**

MILK, CHEESE & YOGURT

Choose low fat choices frequently, except for young children. Choose 3 servings for teenagers or if pregnant or breast feeding.

choose any **4+**

FRUIT & VEGETABLES

Choose green leafy vegetables, citrus fruit and fruit juices frequently.

choose any **6+**

BREAD, CEREALS & POTATOES

Choose high fibre cereals and breads frequently.
If physical activity is high, up to 12 servings may be necessary.

Rda Food Guide Pyramid

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Table of Contents Rda Food Guide Pyramid

1. Understanding the eBook Rda Food Guide Pyramid
 - The Rise of Digital Reading Rda Food Guide Pyramid
 - Advantages of eBooks Over Traditional Books
2. Identifying Rda Food Guide Pyramid
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Rda Food Guide Pyramid
 - User-Friendly Interface
4. Exploring eBook Recommendations from Rda Food Guide Pyramid
 - Personalized Recommendations
 - Rda Food Guide Pyramid User Reviews and Ratings
 - Rda Food Guide Pyramid and Bestseller Lists
5. Accessing Rda Food Guide Pyramid Free and Paid eBooks
 - Rda Food Guide Pyramid Public Domain eBooks
 - Rda Food Guide Pyramid eBook Subscription Services
 - Rda Food Guide Pyramid Budget-Friendly Options
6. Navigating Rda Food Guide Pyramid eBook Formats

- ePub, PDF, MOBI, and More
- Rda Food Guide Pyramid Compatibility with Devices
- Rda Food Guide Pyramid Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Rda Food Guide Pyramid
 - Highlighting and Note-Taking Rda Food Guide Pyramid
 - Interactive Elements Rda Food Guide Pyramid
- 8. Staying Engaged with Rda Food Guide Pyramid
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Rda Food Guide Pyramid
- 9. Balancing eBooks and Physical Books Rda Food Guide Pyramid
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Rda Food Guide Pyramid
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Rda Food Guide Pyramid
 - Setting Reading Goals Rda Food Guide Pyramid
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Rda Food Guide Pyramid
 - Fact-Checking eBook Content of Rda Food Guide Pyramid
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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