

Use the food pyramid to plan your healthy food choices everyday.

Choose very
small amounts



Fats, High Fat/Sugar Snacks, Foods & Drinks

1 Serving =
1 oz low fat spread
1/2 oz butter/margarine

*Use sparingly – choose fats high in monounsaturates or polyunsaturates.
Limit fried foods to 1-2 times a week.
Only have small amounts of high fat/sugar snacks and drinks and not too often.*

Choose any **2**



Meat, Fish, Eggs & Alternatives

1 Serving =
2 oz cooked lean meat or poultry
3 oz cooked fish, 2 eggs
9 dessertspoons peas/beans/lentils
2 oz cheese
3 oz nuts

*Choose lean cuts of meats.
Eat oily fish.*

Choose any **3**



Milk, Cheese & Yogurt

1 Serving =
1/3 pint of milk
1 carton of yogurt
Milk pudding made with 1/3 pint of milk
1oz cheese

Choose low fat varieties.

Choose
any **5**



Fruit & Vegetables

1 Serving =
1 glass of fruit juice
1 medium sized fresh fruit, e.g. apple, orange, banana
2 small sized fresh fruit, e.g. plums, mandarins, kiwi
3-4 dessertspoons cooked vegetable or salad
Small bowl of homemade vegetable soup
3 dessertspoons cooked or tinned fruit (not in syrup)

Choose green leafy vegetables and citrus fruit frequently.

Choose
any **6+**



Bread, Cereals & Potatoes

1 Serving =
1 bowl of cereal
1 slice of bread
3 dessertspoons of cooked pasta or rice
1 medium boiled or baked potato

Eat these foods at each meal – high fibre is best.

Drink water regularly – at least **8** cups per day.