

# 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.