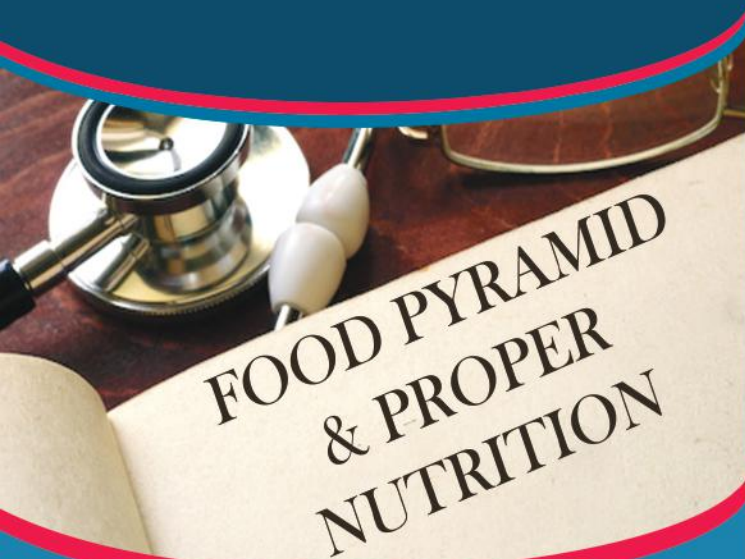




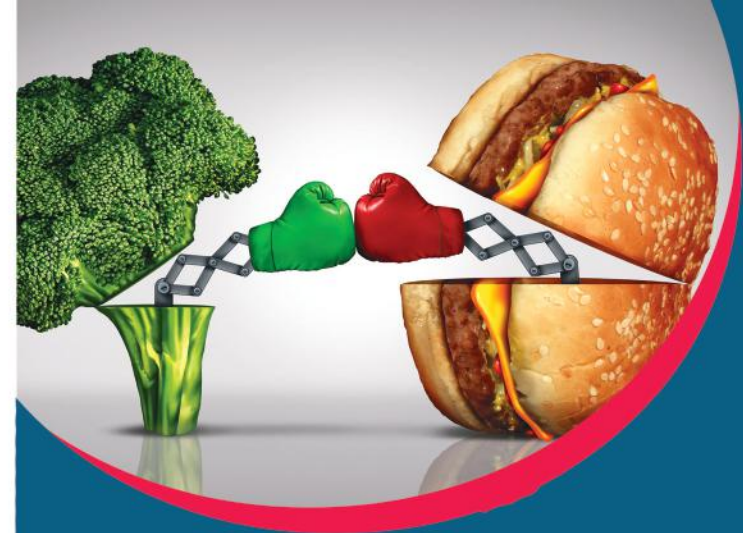
# Food Pyramid & Proper Nutrition



The most important shelf is on the bottom  
and the least important on the top.

## What's on each shelf of the food pyramid

- ▶ **Vegetables, salad and fruit** - Eat plenty of these, up to seven servings a day.
- ▶ **Starchy foods** - Have whole meal cereals and breads, potatoes, pasta or rice with each meal. Wholegrain is the best.
- ▶ **Dairy** - Have some milk, yoghurt and cheese. Choose reduced-fat or low-fat.
- ▶ **Meat and alternatives** - Have some meat, poultry, fish, eggs, beans and nuts. Choose lean options and have fish at least twice a week - one being oily.



- ▶ **Fats, spreads and oils** - Have small amounts and choose unsaturated or reduced-fat options.
  - ▶ **We call these 'treats'** - foods that have high amounts of salt, fat and sugar. This is the least important shelf. Have a treat once or twice a week.
- You don't have to get the right balance at every meal. It's fine if you balance it out over the whole day or even a week.





Food Pyramid &  
Proper Nutrition

Eating the right amount  
from each food group is  
called eating a "balanced" diet.

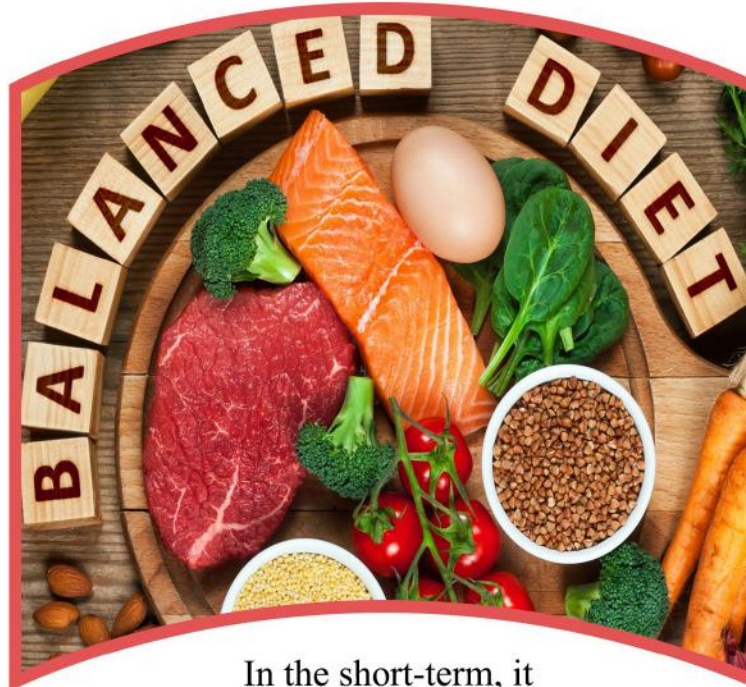
Eating well is important for  
all of us.



## Food Pyramid and the principles of proper nutrition

Your body needs lots of different  
nutrients to stay healthy. That means  
eating a variety of foods from each of the  
main food groups.

The Food Pyramid is designed to make  
healthy eating easier. It shows different  
food groups and how much of each we  
need to have a healthy diet.



In the short-term, it  
can help us to feel good, look our best  
and stay at a healthy weight.

In the long-term, a healthy, balanced  
diet can reduce our risk of heart disease,  
diabetes, osteoporosis and some  
cancers.

The Food Pyramid organizes food into  
five main shelves - a shelf for each food  
group.