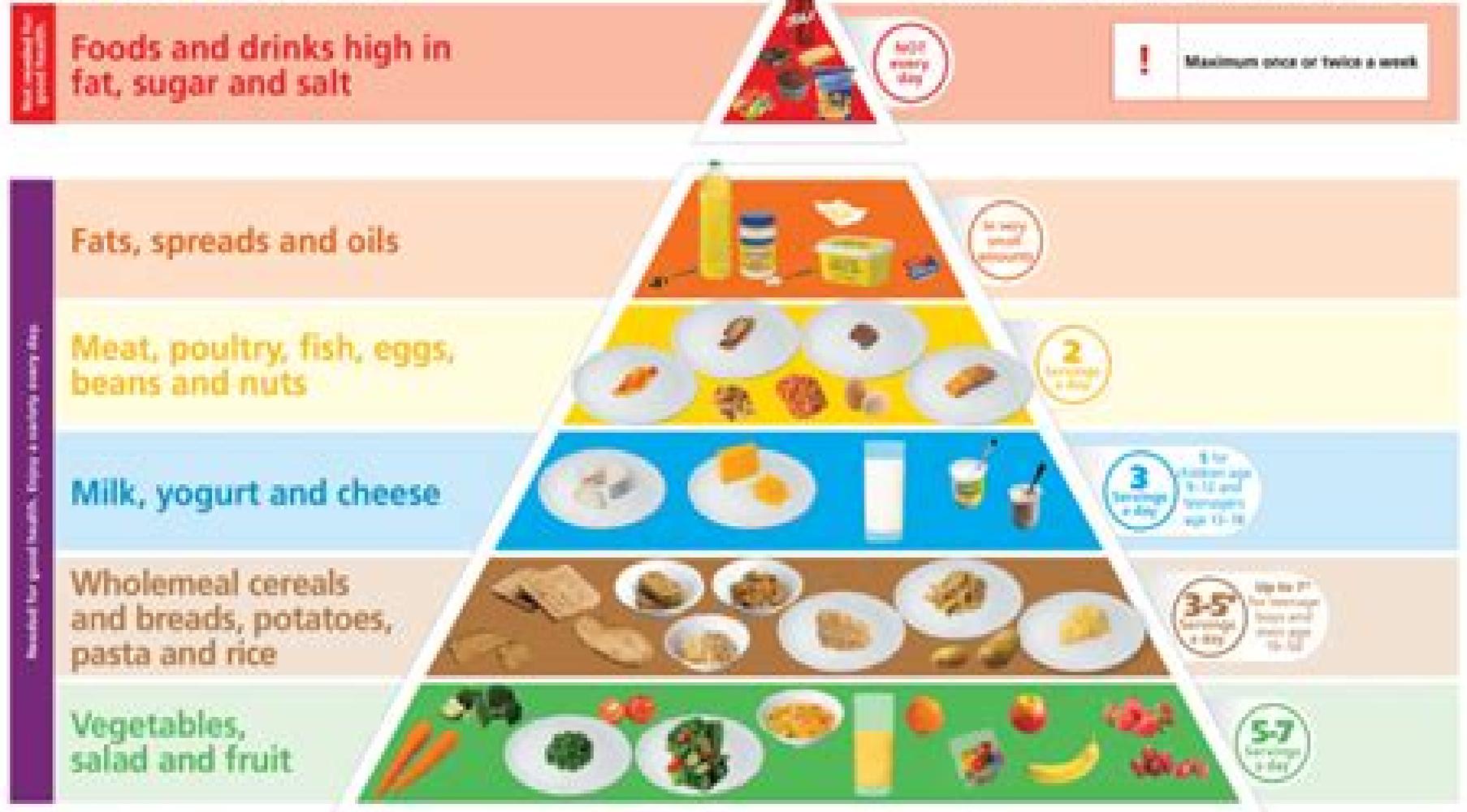


The Food Pyramid

For adults, teenagers and children aged five and over



*Daily Servings Guide – wholemeal cereals and breads, proteins, pasta and rice

Active	Child (5-11)	Teen (12-18)	Adult (19-50)	Older (51+)	Gender	Child (5-11)	Teen (12-18)	Adult (19-50)	Older (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.

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.

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JA Banks



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