

The Food Pyramid

For adults, teenagers and children aged five and over

Foods and drinks high in fat, sugar and salt

NOT every day

Most people consume snacks high in fat, sugar and salt and sugar sweetened drinks up to 4 times a day (Healthy Ireland Survey 2016). There are no recommended servings for Top Shelf foods and drinks because they are not needed for good health.

Fats, spreads and oils

Use as little as possible

Use as little as possible. Choose mono or polyunsaturated reduced fat or light spreads. Choose rapeseed, olive, canola, sunflower or corn oils. Limit margarine, vegetable and salad dressings as they also contain oil. Always cook with a little fat or oil as possible - grilling, steam baking, steaming, boiling or stir-frying.

Meat, poultry, fish, eggs, beans and nuts

2 servings a day

Choose lean meat, poultry (without skin) and fish. Eat oily fish up to twice a week. Choose eggs, beans and nuts. Limit processed salty meats such as sausage, bacon and ham.

Milk, yogurt and cheese

3 servings a day

Choose reduced fat or low fat varieties. Choose low-fat milk and yogurt more often than cheese. Enjoy cheese in small amounts. Women who are pregnant or breastfeeding need 3 servings a day.

Wholemeal cereals and breads, potatoes, pasta and rice

3-5 servings a day

Up to 2⁺ for teenage boys and men age 19-31

Wholemeal and wholegrain cereals are best. Enjoy at each meal. The number of servings depends on age, sex, if you are a teen or a woman and an active level. Watch your serving size and use the Daily Servings Guide below.*

Vegetables, salad and fruit

5-7 servings a day

Base your meals on these and enjoy a variety of colours. More is better. Limit fruit juice to unsweetened, once a day.

Food Guide Pyramid In Different Languages

Mike Jess



Food Guide Pyramid In Different Languages:

Food Guide Pyramid In Different Languages Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the ability of words has become more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **Food Guide Pyramid In Different Languages**, a literary masterpiece that delves deep in to the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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