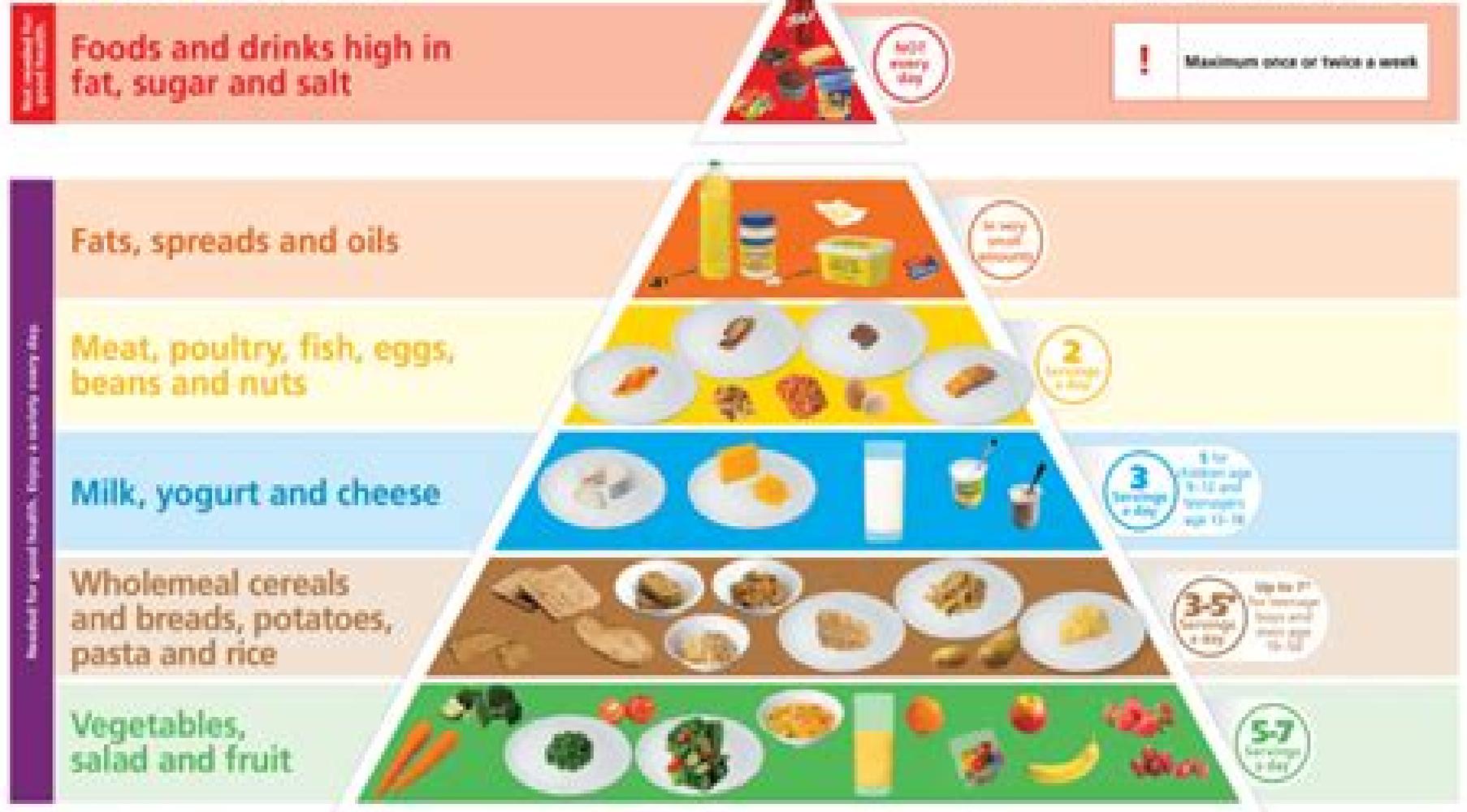


The Food Pyramid

For adults, teenagers and children aged five and over



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

Age	2-3	4-5	6-7	8-10	Gender	11-13	14-16	17-19
Male	3-4	4	4-5	3-4	Male	3	3-4	3
Female	3-5	5-7	5-7	4-5	Female	4-5	4-6	4

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

*There is no guideline for inactive children as it is essential that all children are active

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M Woodhall



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