

The Food Pyramid

For adults, teenagers and children aged five and over

Not recommended for children under 5

Foods and drinks high in fat, sugar and salt

NOT every day

! Maximum once or twice a week

Fats, spreads and oils

1-2

Meat, poultry, fish, eggs, beans and nuts

2

Milk, yogurt and cheese

3
3 for children age 5-12 and teenagers age 13-17

Wholemeal cereals and breads, potatoes, pasta and rice

3-5
4-5 for teenagers from age 13-17

Vegetables, salad and fruit

5-7

Included for good health. Enjoy a variety every day

*Daily Servings Guide - wholemeal cereals and breads, potatoes, pasta and rice

Age	Male (175cm)	Female (165cm)	Male (185cm)	Female (175cm)	Age	Male (175cm)	Female (165cm)	Male (185cm)	Female (175cm)
5-11	3-4	4	4-5	3-4	12-17	3	3-4	3	
12-17	3-5	3-7	5-7	4-5	18-24	4-5	4-6	4	

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

Source: Department of Health December 2014

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 for 150 minutes a week. Children need to be active at a moderate to vigorous level for at least 60 minutes every day

Revised Diabetes Food Guide Pyramid

Daniel F McAuley



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