

THE

FOOD

MYRAM



Not every day

Foods and drinks high in fat, sugar and salt



Sparingly

Reduced-fat spreads and oils



2

Meat, poultry, fish, eggs, beans and nuts



3-5

Milk, yogurt and cheese

5-8 year olds need 3 servings every day
9-18 year olds need 5 servings every day



5+

Fruit and vegetables



6+

Breads, cereals, rice, pasta and potatoes

For children aged 5 and up