The Food Pyramid

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