



EAT SMART MOVE MORE

Use the Food Pyramid to help you to choose the right foods for you!



In very small amounts

Fats, spreads and oils

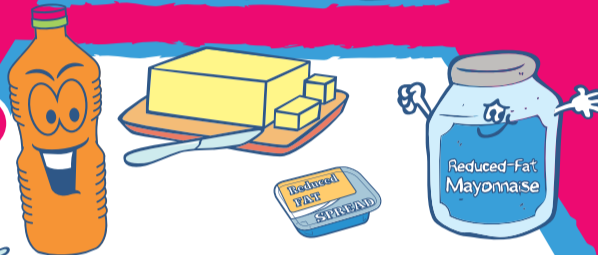


No more than once or twice per week

Foods and drinks high in fat, sugar and salt

2 servings per day

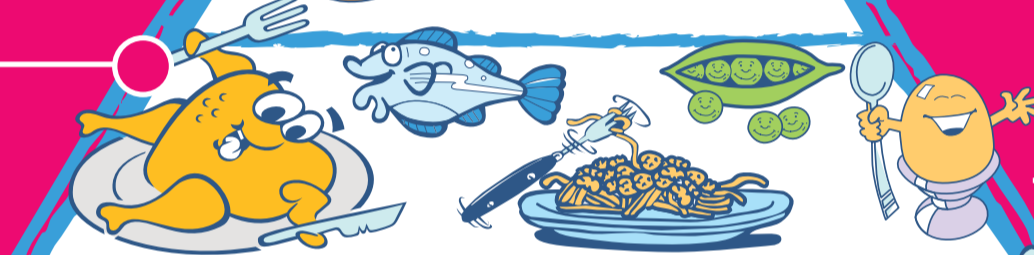
Meat, poultry, fish, eggs, beans and nuts



THE FOODS ON THESE SHELVES ARE ESSENTIAL FOR GOOD HEALTH, ENJOY A VARIETY EVERY DAY.

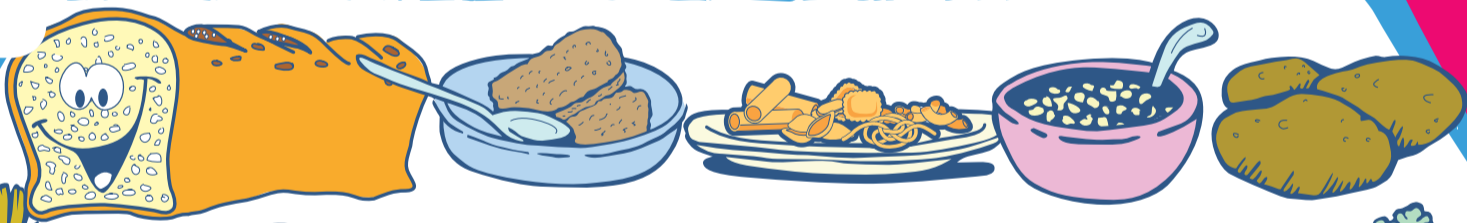
3-5 servings per day

Milk, yogurt and cheese



3-5 servings per day

Wholemeal cereals and breads, potatoes, pasta and rice



5-7 servings per day

Vegetables, salad and fruit

