

Food Pyramid

FEW

FOODS HIGH IN FAT, SUGAR & SALT:

Foods, drinks and snacks high in fat and/or sugar



2-3

PROTEIN: Meat, fish and alternatives



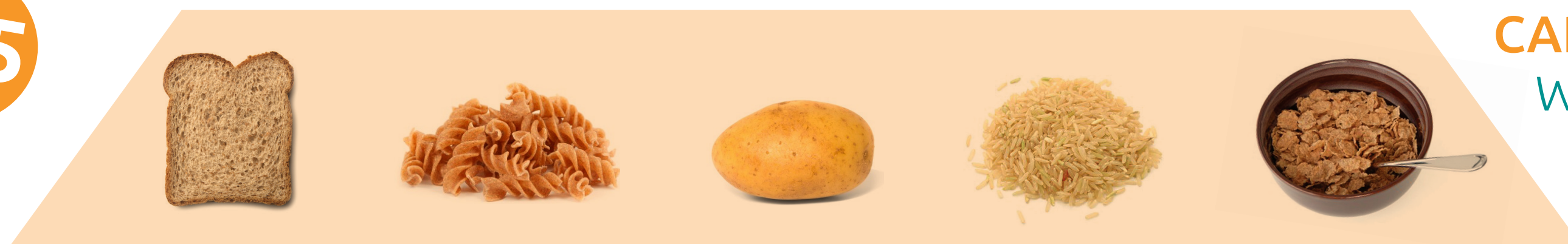
2-3

DAIRY: Milk, cheese and yogurt



3-5

CARBOHYDRATES: Wholegrain bread, cereals, pasta, rice and potatoes

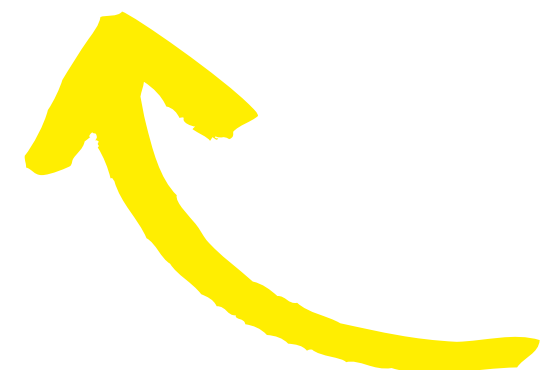


5-7

FRUIT AND VEGETABLES



RECOMMENDED
DAILY PORTIONS:



Eatwell Guide

