

Healthy Food for Life



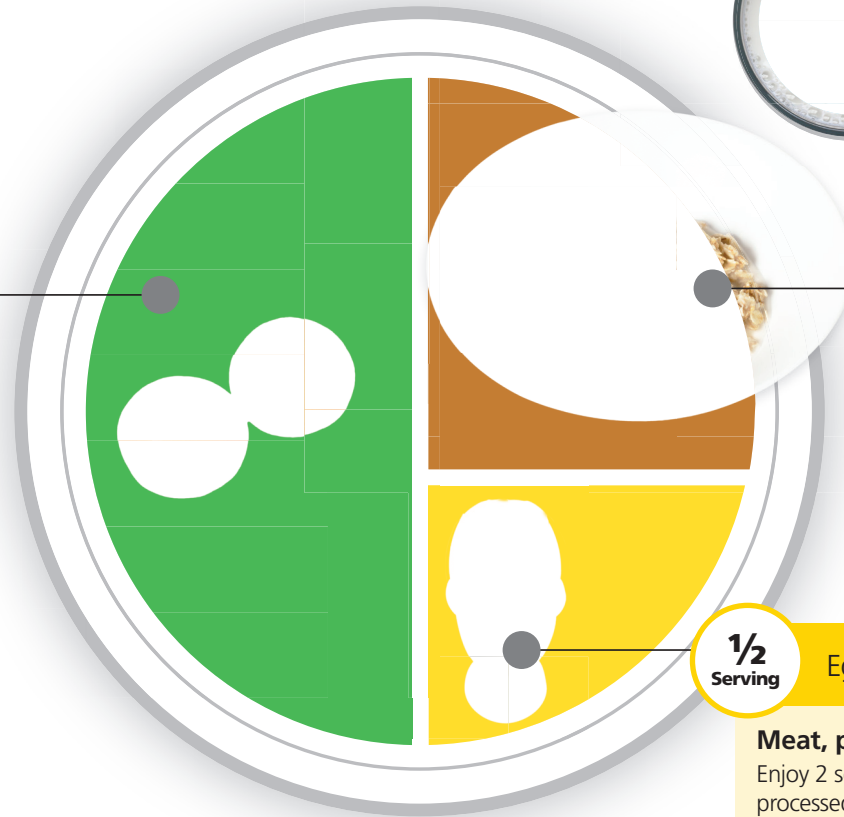
From Food Pyramid to Plate

Breakfast



1 Serving 2 mandarin oranges

Vegetables, salad and fruit
Enjoy 5–7 servings a day. Base your meals on these and enjoy a variety of colours.



1 Serving 200ml low-fat milk

Milk, yogurt and cheese
Enjoy 3 servings a day or 5 if aged between 9 and 18 years. Choose reduced-fat or low-fat varieties.

1 Serving 1/3 cup porridge

Wholegrain breads and cereals, potatoes, pasta and rice
Enjoy 3–5 servings a day and up to 7 for teenage boys and men aged 19–50. Wholemeal and wholegrain cereals are best. Enjoy at each meal.

1/2 Serving Egg

Meat, poultry, fish, eggs, beans and nuts
Enjoy 2 servings a day. Choose eggs, beans and nuts. Limit processed salty meats such as sausages, bacon and ham.