

# Healthy Food for Life



## From Food Pyramid to Plate

# Lunch



**1 Serving** Lettuce, cucumber, tomatoes

**1 Serving** Banana

### Vegetables, salad and fruit

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



**1 Serving** Wholemeal wrap

### 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 Serving** 40g chicken

### Meat, poultry, fish, eggs, beans and nuts

Enjoy 2 servings a day. Choose lean meat, poultry (without skin) and fish.