



KISS ME COOK



The Food Pyramid



By



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Shelf 1: Vegetables, Salad and Fruit (at least 5 to 7 servings a day). Base your meals on these and enjoy a variety of colours. More is better. Limit fruit juice to unsweetened, once a day.

Vegetables,
salad and fruit



5-7
Servings
a day

Base your meals on these and enjoy a variety of colours. More is better. Limit fruit juice to unsweetened, once a day.



Shelf 2: Wholemeal Cereals and Breads, Potatoes, Pasta and Rice (3-5 servings a day, up to 7 for teenage boys and men age 19-50). Wholemeal and wholegrain cereals are best. Enjoy at each meal.

Wholemeal cereals and breads, potatoes, pasta and rice



3-5*
Servings
a day

Up to 7*
for teenage
boys and
men age
19-50

Wholemeal and wholegrain cereals are best. Enjoy at each meal. The number of servings depends on age, size, if you are a man or a woman and on activity levels. Watch your serving size and use the Daily Servings Guide below.*

Vegetables, salad and fruit



5-7
Servings
a day

Base your meals on these and enjoy a variety of colours. More is better. Limit fruit juice to unsweetened, once a day.



Shelf 3: Milk, Yogurt and Cheese (3 servings a day and 5 from the age of 9 to 18)
 Choose reduced-fat or low-fat varieties. Choose low fat milk and yogurt more often than cheese. Enjoy cheese in small amounts.





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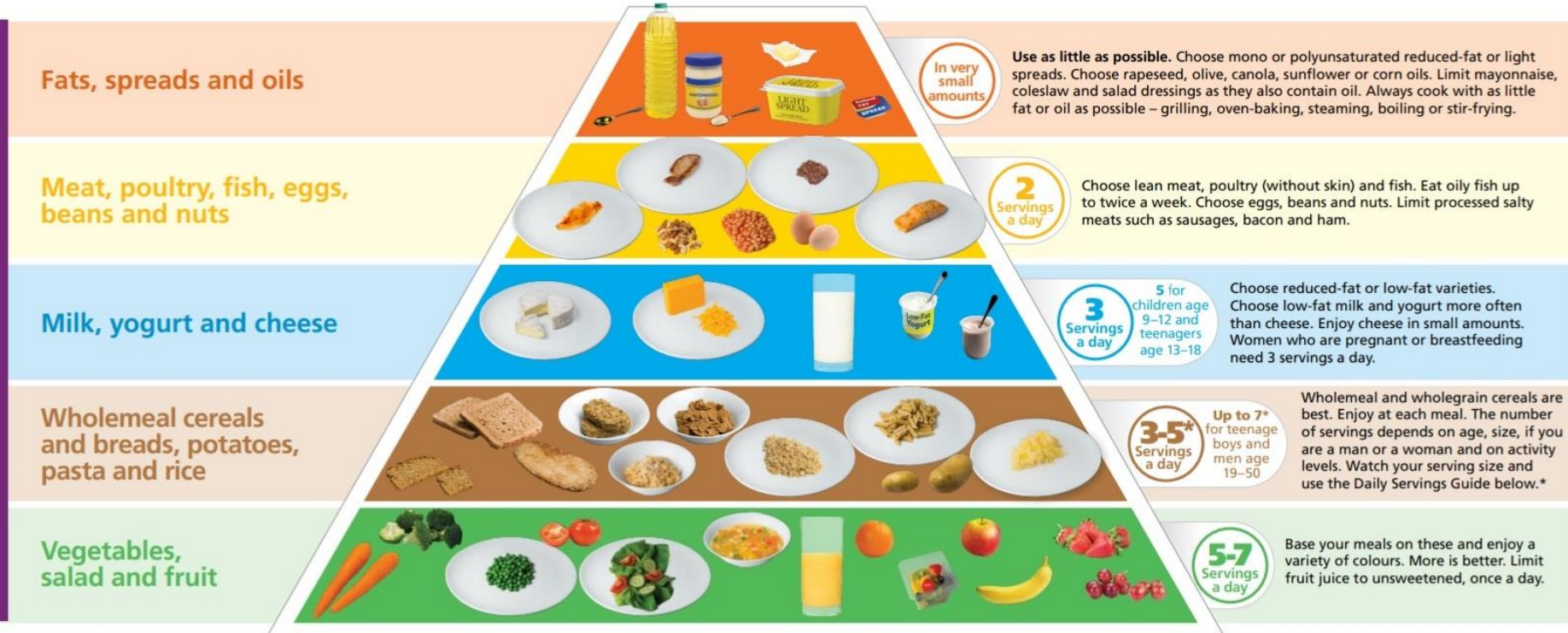


Shelf 4: Meat, Poultry, Fish, Eggs, Beans and Nuts (2 servings a day) Choose lean meat, poultry (without skin) and fish. Eat oily fish up to twice a week. Choose eggs, beans and nuts. Limit processed salty meats such as sausages, bacon and ham.





Shelf 5: Fats, Spreads and Oils (In very small amounts) Use as little as possible. Choose mono or polyunsaturated reduced fat or light spreads. Choose rapeseed, olive, canola, sunflower or corn oils. Limit mayonnaise, coleslaw and salad dressings as they also contain oil. Always cook with as little fat or oil as possible - grilling, oven-baking, steaming, boiling or stir-frying.





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Top Shelf: The revised Food Pyramid separates the Top Shelf from the rest of the pyramid. The Top Shelf includes foods and drinks high in fat, sugar and salt. These are not needed for good health and should not be consumed every day. Very small amounts once or twice a week maximum is enough.



The Food Pyramid

For adults, teenagers and children aged five and over

