



## The top shelf

The top shelf on the food pyramid includes foods and drinks high in fat, sugar and salt. **These are not needed for good health and should not be consumed every day.**

If you are used to having biscuits or buns with tea a couple of times a day, this is a habit that can be changed gradually.



### Choose healthier snacks

Instead of having top shelf foods, snack on fresh fruit, yogurt, a small wholemeal scone, wholemeal crackers with cheese or fruit and nut mix to make your snack times more nutritious.



### Use herbs and spices

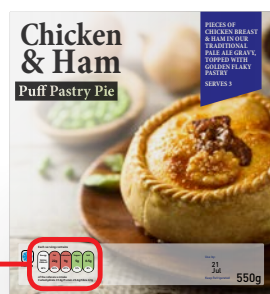
Our sense of taste weakens with age. This can lead to more salt being added to food to get the same taste you were always used to. Try replacing salt with pepper, herbs and spices to add flavour to your favourite dishes.



### Reduce salt intake

If you're buying processed foods, remember to check the information on the labels to choose those with less salt.

| Energy            | Fat | Saturates | Sugars | Salt |
|-------------------|-----|-----------|--------|------|
| 1905kj<br>456kcal | 22g | 9g        | 5g     | 0.5g |
| 23%               | 32% | 47%       | 5%     | 8%   |



### Reduce sugar intake

To help lower your sugar intake, try to have fewer sugary fizzy drinks and sugary snacks such as biscuits and cakes.



**Maximum once or twice a week in very small amounts.**

There are **no recommended servings** for top shelf foods and drinks because they are not needed for good health.