Healthy Food for Life

The Food Pyramid

Foods and drinks high in fat, sugar and salt

- Not needed for good health.
- Maximum once or twice a week.

Fats, spreads and oils

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

Milk, yogurt and cheese

Wholemeal cereals and breads, potatoes, pasta and rice

- Vegetables, salad and fruit

Drink at least 8 cups of fluid a day – water is best

Get Active!
- To maintain a healthy weight, adults need at least 30 minutes a day of moderate activity on 5 days a week (or 150 minutes a week). Children need to be active at a moderate to vigorous level for at least 60 minutes every day.

The biscuits with a cup of tea watching television, the packet of crisps in the car on the way home from work, the bar of chocolate while at the desk in work, accumulate very easily. Follow the top tips in these new resources: plan and prepare your meals, make healthier choices, get active and remember that “Healthy Ireland way to health.”

**Resources**
A copy of the Healthy Eating for Life resources are available online: [http://www.healthyireland.ie/health-initiatives/]

**NOT every day**

**Every meal**

**3 Servings a day**
9 for children age 3-12 and teenagers age 13-19

**3.5-5 Servings a day**
Up to 7" for teenage boys and young men age 19-50

**5-7 Servings a day**

**Daily Servings Guide - wholemeal cereals and breads, potatoes, pasta and rice**

- There is no guideline for inactive children as it is essential that all children are active.

**Active**

- Teenage (13-16) 3-4
- Adult (19-50) 3-4

**Inactive**

- Teenage (13-16) 4-5
- Adult (19-50) 3-4

**Fruit**

- There is no guideline for inactive children as it is essential that all children are active.

- Teenage (13-16) 3-4
- Adult (19-50) 3

**Vegetables**

- Teenage (13-16) 4-5
- Adult (19-50) 4-6

**Get Active!**
- “Healthy Ireland Way to Health”
- www.healthyireland.ie

**Healthy Ireland’s National Water for Health Initiative**
- www.healthyrareland.ie