UNDERSTANDING THE FOOD PYRAMID

Top Shelf foods are high in fat, sugar and salt, are not essential for health and taken excess can be harmful.

Maximum 1

Fats and oils are essential, but only in small amounts.

Choose any 2

The foods and drinks on the bottom 4 shelves of the Food Pyramid are essential for good health.

A Guide to Measures
1 small glass = 100 ml
1 large glass = 200 ml
1 cup = 200 ml
A disposable cup is a good guide
1 teaspoon = 5 g/ml
1 heaped teaspoon = 7 g/ml
1 dessert spoon = 10 g/ml

Choose any 3

Choose any 5+

Choose any 6+