

Food Pyramid

A vibrant, cartoon-style illustration of various fruits. At the top left is a green pear. To its right is a large yellow banana. In the center is a cluster of green grapes. Below the grapes are several red apples and strawberries. In the bottom right corner, there is a sliced kiwi showing its green flesh and black seeds, and a whole brown kiwifruit. The background is a solid pink color.

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A Balanced Diet

We all have food that we like to eat lots of.

Talk
about
it!

What is your favourite food?

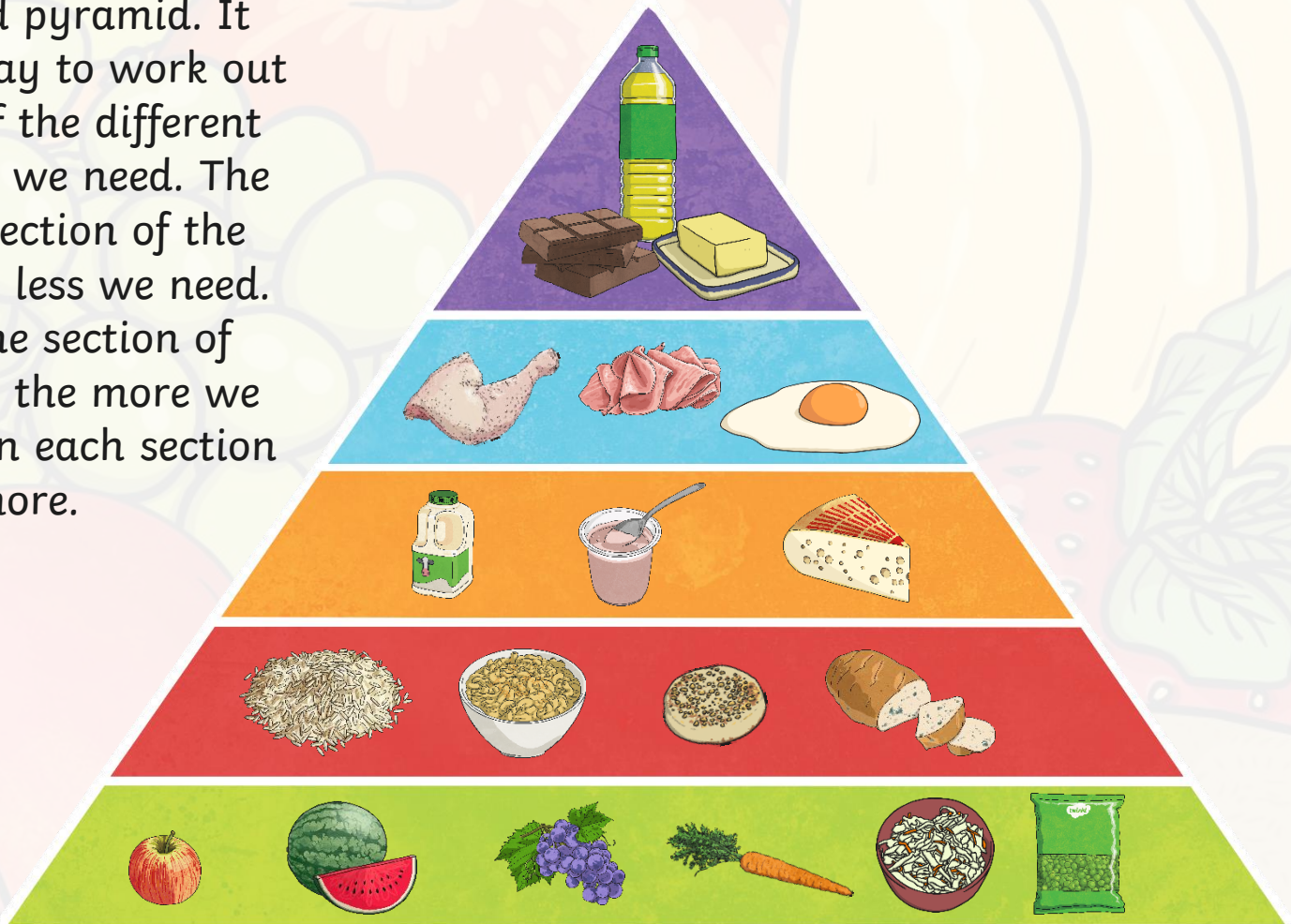
Click the
words in
bold to find
out what
they mean.

To be healthy, we need to have a balanced diet. This means we need to eat the right amounts of different types of food. When we do this, we get all the nutrients our bodies need.



The Food Pyramid

This is a food pyramid. It is an easy way to work out how much of the different types of food we need. The smaller the section of the pyramid, the less we need. The bigger the section of the pyramid, the more we need. Click on each section to find out more.



Fats, Spreads and Oils

Talk
about
it!

What kind of food do you think belongs in this group?

Fats, spreads and oils include foods like olive oil, vegetable oil, butter and margarine. Mayonnaise and some salad dressings are also included in the section because they have lots of oil in them.

We should only have a small amount of fats, spreads and oils because too much is bad for our hearts



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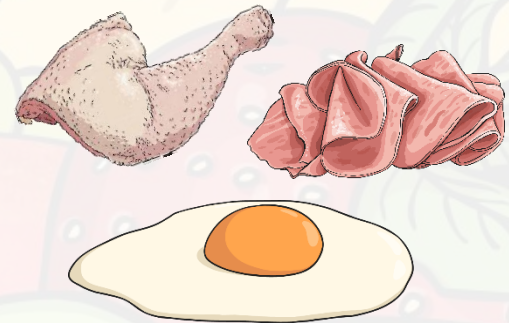
Protein

Talk
about
it!

What kind of food do you think belongs in this group?

Meat, poultry, fish, eggs, beans and nuts are all sources of protein. Protein is a nutrient which is important to help us grow and help our bodies to repair themselves. These foods also have something called iron in them and this helps keep our blood healthy.

You should aim for two servings of protein a day and try to have a different kind each time. Examples of a portion include 100g of fish, 75g of meat and two eggs.



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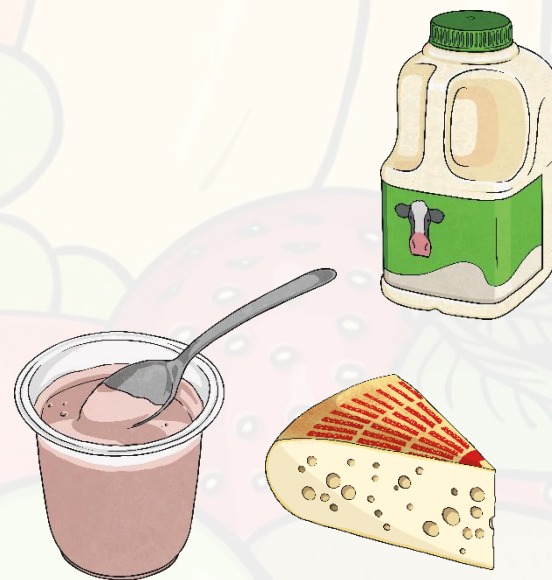
Dairy

Talk
about
it!

What kind of food do you think belongs in this group?

Milk, yoghurt and cheese are examples of dairy. Dairy foods have lots of calcium in them. Calcium is a nutrient which gives us healthy teeth and bones.

You should aim for three portions of dairy a day. A portion includes a glass of milk, a pot of yoghurt or 25g of cheese.



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Carbohydrates

Talk
about
it!

What kind of food do you think belongs in this group?

Carbohydrates include food such as bread, potatoes, pasta, rice and wholegrain cereals like porridge. Carbohydrates are nutrients which give our bodies energy. These foods also give us fibre which helps us to go to the toilet regularly.

You should aim for between three and five portions of carbohydrates a day. Brown rice, wholemeal pasta and wholegrain bread are the healthiest choices. Two slices of bread, 75g of pasta and four small potatoes all count as a portion each.



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Fruit and Vegetables



Talk
about
it!

What kind of food do you think belongs in this group?

Fruit and vegetables are the biggest section of the food pyramid and are the foods we should have the most of. Examples of these include apples, oranges, broccoli, carrots and onions. They include vitamins and minerals which help to keep us healthy. Fruit and vegetables also contain fibre which helps us to go to the toilet regularly.

The guidance has always been to have five portions of fruit and vegetables a day, but now doctors are encouraging people to aim for seven. To be healthy, you should try to eat lots of different coloured fruit and vegetables. Examples of a portion include an apple, two plums or three tablespoons of peas.

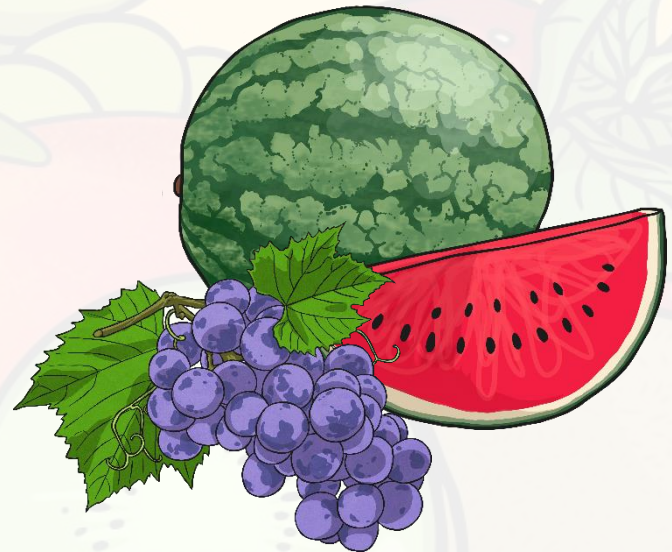
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Glossary

Click the words
in **bold** to go
back to the
original page in
the slideshow.

[Diet](#) = What we eat.

[Nutrients](#) = The vitamins, minerals and other things that keep us healthy.





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