

# Food pyramid

## Key:

- fat (naturally occurring and added)
- sugars (added)

fats, oils & sweets  
**USE SPARINGLY**

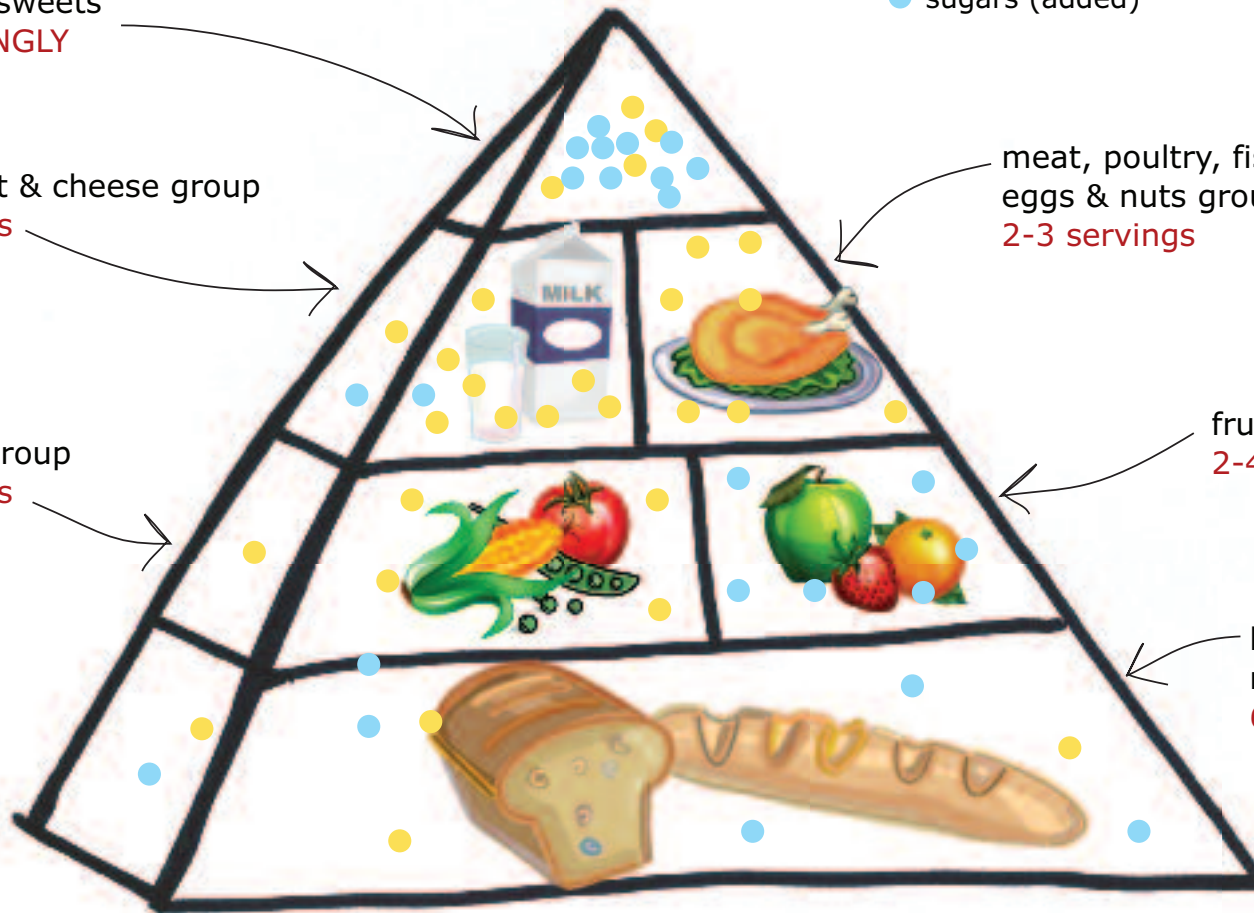
milk, yogurt & cheese group  
**2-3 servings**

vegetable group  
**3-5 servings**

meat, poultry, fish, dry beans  
eggs & nuts group  
**2-3 servings**

fruit group  
**2-4 servings**

bread, cereal  
rice & pasta group  
**6-11 servings**



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## How much is a serving?

Bread, cereal, rice, pasta	<p>1 slice of bread          bagel or hamburger bun          25g of cereal          cup of cooked cereal rice or pasta</p>
Fruit	<p>1 medium whole fruit (apple, pear etc)          cup of chopped, cooked or canned fruit          cup of fruit juice</p>
Vegetables	<p>1 cup raw leafy vegetables          cup of other cooked, chopped raw vegetables          cup of vegetable juice</p>
Meat, poultry, fish, beans, eggs and nuts	<p>60-80g cooked lean meat, poultry or fish          cup of cooked beans          1 egg          2 tablespoons peanut butter</p>
Milk, yoghurt and cheese	<p>1 cup of milk or yoghurt          25-40g of natural cheese          cup cottage cheese          cup ice milk or frozen yoghurt</p>

