In very small amounts.

Not every day.

Most people consume snacks high in fat, sugar and salt up to 6 times a day (Healthy Ireland Survey 2016). There are no recommended servings for Top Shelf foods and drinks because they are not needed for good health.

Use as little as possible. Choose mono or polyunsaturated reduced-fat or light spreads. Choose rapeseed, olive, canola, sunflower or corn oils. Limit mayonnaise, coleslaw and salad dressings as they also contain oil. Always cook with as little fat or oil as possible – grilling, oven-baking, steaming, boiling or stir-frying.

Choose lean meat, poultry (without skin) and fish. Eat oily fish up to twice a week. Choose eggs, beans and nuts. Limit processed salty meats such as sausages, bacon and ham.

Choose reduced-fat or low-fat varieties. Choose low-fat milk and yogurt more often than cheese. Enjoy cheese in small amounts. Women who are pregnant or breastfeeding need 3 servings a day.

Wholemeal and wholegrain cereals are best. Enjoy at each meal. The number of servings depends on age, size, if you are a man or a woman and on activity levels. Watch your serving size and use the Daily Servings Guide below.*

Base your meals on these and enjoy a variety of colours. More is better. Limit fruit juice to unsweetened, once a day.

Average daily calorie needs for all foods and drinks for adults

**Active** 2000kcal  Inactive 1800kcal

**Active** 2500kcal  Inactive 2000kcal

The **Food Pyramid**

For adults, teenagers and children aged five and over

**Foods and drinks high in fat, sugar and salt**

> Most people consume snacks high in fat, sugar and salt and sugar sweetened drinks up to 6 times a day (Healthy Ireland Survey 2016). There are no recommended servings for Top Shelf foods and drinks because they are not needed for good health.

**Fats, spreads and oils**

*Use as little as possible.* Choose mono or polyunsaturated reduced-fat or light spreads. Choose rapeseed, olive, canola, sunflower or corn oils. Limit mayonnaise, coleslaw and salad dressings as they also contain oil. Always cook with as little fat or oil as possible – grilling, oven-baking, steaming, boiling or stir-frying.

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

Choose lean meat, poultry (without skin) and fish. Eat oily fish up to twice a week. Choose eggs, beans and nuts. Limit processed salty meats such as sausages, bacon and ham.

**Milk, yogurt and cheese**

Choose reduced-fat or low-fat varieties. Choose low-fat milk and yogurt more often than cheese. Enjoy cheese in small amounts. Women who are pregnant or breastfeeding need 3 servings a day.

**Wholemeal cereals and breads, potatoes, pasta and rice**

Wholemeal and wholegrain cereals are best. Enjoy at each meal. The number of servings depends on age, size, if you are a man or a woman and on activity levels. Watch your serving size and use the Daily Servings Guide below.*

**Vegetables, salad and fruit**

Base your meals on these and enjoy a variety of colours. More is better. Limit fruit juice to unsweetened, once a day.

**Serving size guide**

<table>
<thead>
<tr>
<th>Serving</th>
<th>Cereals, cooked rice and pasta, and vegetables, salad and fruit</th>
<th>Cheese</th>
<th>Meat, poultry, fish</th>
<th>Reduced-fat spread</th>
<th>Oils</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Use two thumbs, width and depth to guide serving size.</td>
<td>The palm of the hand, width and depth without fingers and thumbs, shows how much you need in a day.</td>
<td>Portion packs found in cafes can guide the amount you use. One pack should be enough for two slices of bread.</td>
<td>Use one teaspoon of oil per person when cooking or in salads.</td>
<td></td>
</tr>
</tbody>
</table>

**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.

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

---

Healthy Food for Life

The Food Pyramid

For adults, teenagers and children aged five and over

Foods and drinks high in fat, sugar and salt

- **Not needed for good health.** Enjoy a variety every day.

Fats, spreads and oils

- **In very small amounts.**

Meat, poultry, fish, eggs, beans and nuts

- 2 Servings a day

Milk, yogurt and cheese

- 3 Servings a day

Wholemeal cereals and breads, potatoes, pasta and rice

- 3-5 Servings a day

Vegetables, salad and fruit

- 5 Servings a day

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

<table>
<thead>
<tr>
<th>Active</th>
<th>Child (5-12)</th>
<th>Teenager (13-18)</th>
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</thead>
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</tr>
<tr>
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<td>3-4</td>
<td>4</td>
<td>4-5</td>
<td>3-4</td>
</tr>
<tr>
<td>Teenager (13-18)</td>
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<td>3-4</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Adult (18-50)</td>
<td>4-5</td>
<td>4-6</td>
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There is no guideline for inactive children as it is essential that all children are active.

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Source: www.healthyireland.ie

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Source: www.healthyireland.ie
All types of fats and oils are very high in calories but some contain better fats than others.

Reduced-fat spreads are lower in calories as they contain less fat and more water.

Saturated fats, found in hard fats, raise blood cholesterol and can increase risk of heart disease.

Essential fats are found in vegetable oils, including rapeseed, olive, canola, sunflower and corn oils.

1 serving size is:
- 1 portion pack of reduced-fat or light spread for 2 slices of bread
- 1 teaspoon of rapeseed, olive, canola, sunflower or corn oil per person when cooking

Portion guide:
Portion packs of reduced-fat spread found in cafes can guide the amount you use. One should be enough for two slices of bread.

Choose mono or polyunsaturated reduced-fat or light spreads.

Choose rapeseed, olive, canola, sunflower or corn oils.

All oils contain the same amount of calories. Always cook with as little fat or oil as possible – measure it out instead of pouring into the pan.

Limit mayonnaise, coleslaw and salad dressings as they also contain oil. Choose lower fat options and use smaller amounts.
Food Shelf Facts

These foods have little nutritional value and may cause obesity which can lead to heart disease, type 2 diabetes and some cancers.

Many processed foods like cakes, biscuits and confectionery contain high levels of added sugars and can be high in calories.

Eating too much salt can lead to raised blood pressure, which triples your chances of developing heart disease and stroke.

Many processed foods like takeaways and ready meals are high in fat and can be harmful to heart health.

A Guide to 100 Calories

Each of the following contains 100 calories

<table>
<thead>
<tr>
<th>4 squares of chocolate (half a bar)</th>
<th>2 plain biscuits or 1 chocolate biscuit</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 small or fun-sized chocolate coated bar</td>
<td>½ can or 200ml of sugary drink</td>
</tr>
<tr>
<td>1 bag lower-fat crisps</td>
<td>1 scoop of vanilla ice-cream</td>
</tr>
<tr>
<td>1 small cup cake (no icing)</td>
<td>½ or 1 cereal bar – check the label for calories</td>
</tr>
<tr>
<td>1 plain mini muffin</td>
<td>5–6 chips</td>
</tr>
</tbody>
</table>

Healthy Eating Tips

Limit foods and drinks high in fat, sugar and salt to sometimes – not every day. Choose smaller amounts or fun-size servings.

Limit chips and takeaway food as much as possible – most are very high in fat, salt and calories.

Choose healthy snacks such as fruit and vegetables.

Drink water instead of sugary drinks.

For more food facts and healthy eating tips visit www.healthyireland.ie

Healthy Food for Life

Your guide to
Meat, poultry, fish, eggs, beans and nuts

The foods on this shelf provide protein for growth and repair. They are also the main source of iron for healthy blood.

Choose 2 servings a day.

Food Shelf Facts

- Lean red meat is a good source of iron. Chicken, turkey and fish are good low-fat options.
- Oily fish provides essential omega 3 fats.
- Beans and eggs are good sources of protein and are low in fat. They are a good choice for meat-free days.
- Limit processed salty meats such as sausages, bacon and ham – not every day.

What is a Serving?

<table>
<thead>
<tr>
<th>Serving</th>
<th>1 serving size is:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lean beef, lamb, pork, mince or poultry</td>
<td>50–75g cooked (half size of palm of hand)</td>
</tr>
<tr>
<td>Cooked fish, soya or tofu</td>
<td>100g</td>
</tr>
<tr>
<td>Beans or lentils</td>
<td>¾ cup</td>
</tr>
<tr>
<td>Eggs</td>
<td>2</td>
</tr>
<tr>
<td>Unsalted nuts or seeds</td>
<td>40g</td>
</tr>
</tbody>
</table>

Portion guide

- The palm of the hand, width and depth without fingers and thumbs, shows how much meat, poultry and fish you need in a day.

Healthy Eating Tips

- Lean meat is best. Remove skin from poultry and visible fat from meat for the healthier option.
- Use low-fat cooking methods such as grilling, baking, steaming or boiling. Cook without fat or oil to keep calorie intake low.
- Eat oily fish up to twice a week.
- Homemade shepherd’s pies, stews, stir-fries and curries are good choices for family meals.

For more food facts and healthy eating tips visit www.healthyireland.ie

Healthy Food for Life

Your guide to Milk, yogurt and cheese

The foods and drinks on this shelf provide calcium needed for healthy bones and teeth. They also provide good quality protein for growth and repair.

Choose 3 servings a day. Choose 5 if aged between 9 and 18 years.

Food Shelf Facts

Calcium found in dairy foods is important for bone health and especially during the teenage growth spurt.

Vitamin D helps absorb calcium better. The Irish diet is low in vitamin D – talk to your pharmacist or doctor about taking a supplement.

Low-fat options provide the same amount of calcium and other nutrients with fewer calories and saturated fat.

All foods from this shelf are a good source of calcium, protein, vitamin B12, riboflavin and vitamin A.

What is a Serving?

1 serving size is:

- 1 glass (200ml) milk
- 1 carton (125g) yogurt
- 1 bottle (200ml) yogurt drink
- 2 thumbs (25g) of hard or semi-hard cheese such as cheddar or edam
- 2 thumbs (25g) soft cheese such as brie or camembert

Portion guide for cheese

Use two thumbs, width and depth to guide portion size.

Healthy Eating Tips

Choose reduced-fat or low-fat varieties. Choose low-fat milk and yogurt more often than cheese.

Milk on cereal can be a good way to reach 5 servings a day if aged 9 to 18 years.

Some yogurts and yogurt drinks can have added sugar. Check the label.

If choosing dairy alternatives such as soya milk and yogurts, choose those with added calcium.

For more food facts and healthy eating tips visit www.healthyireland.ie

Healthy Food for Life

Your guide to
Vegetables, salad and fruit

The foods on this shelf are low in calories and contain fibre which aids digestion. They provide many important vitamins and minerals.
Choose 5 to 7 servings a day.

Food Shelf Facts

The foods in this shelf can help control body weight as part of a healthy lifestyle and contain nutrients that protect against heart disease and cancer.

Enjoy a variety of coloured fruit and vegetables to benefit from the different minerals and vitamins each contains.

Oranges, strawberries or kiwifruit are rich in vitamin C which aids iron absorption.

Most fruit and vegetables are fat free.

What is one Serving?

<table>
<thead>
<tr>
<th>1 serving size is:</th>
<th>Portion guide</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple, orange, pear or banana</td>
<td>Fill half your plate</td>
</tr>
<tr>
<td>Plums, kiwis or mandarin oranges</td>
<td>with vegetables,</td>
</tr>
<tr>
<td>Strawberries</td>
<td>salads or fruit.</td>
</tr>
<tr>
<td>Grapes</td>
<td></td>
</tr>
<tr>
<td>Raspberries</td>
<td></td>
</tr>
<tr>
<td>Cooked vegetables – fresh or frozen</td>
<td></td>
</tr>
<tr>
<td>Salad – lettuce, tomato, cucumber</td>
<td></td>
</tr>
<tr>
<td>Homemade vegetable soup</td>
<td></td>
</tr>
<tr>
<td>Unsweetened fruit juice</td>
<td></td>
</tr>
<tr>
<td></td>
<td>½ cup</td>
</tr>
<tr>
<td></td>
<td>1 bowl</td>
</tr>
<tr>
<td></td>
<td>1 bowl</td>
</tr>
<tr>
<td></td>
<td>150ml</td>
</tr>
</tbody>
</table>

Healthy Eating Tips

Base your meals on vegetables, salad and fruit. Add salad vegetables to sandwiches.

Limit fruit juice to once a day with a meal and always choose unsweetened.

Choose fruit and raw vegetables such as chopped carrots as tasty, healthy snacks.

Add vegetables to stir-fries, stews and curries – the more vegetables the better.

For more food facts and healthy eating tips visit www.healthyireland.ie

Your guide to Wholemeal cereals and breads, potatoes, pasta and rice

The foods on this shelf are the best energy providers for your body. Choose 3 to 5 servings a day. Up to 7 servings for teenage boys and men aged 19–50. Very active people will need more.

Food Shelf Facts

Wholegrain choices contain fibre to help your digestive system and can protect against bowel diseases.

Wholemeal breads, cereals and potatoes provide the best energy for the body to work.

The amount of energy you need depends on your physical activity levels. Adults watching their weight will need less.

The number of servings you need depends on age, size, if you are a man or a woman and on activity levels.

What is a Serving?

<table>
<thead>
<tr>
<th>1 serving size is:</th>
<th>Portion guide</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 thin slices wholemeal bread, 1½ slices wholemeal soda bread or 1 pitta pocket</td>
<td>Use a 200ml disposable plastic cup to guide portion size for breakfast cereals, cooked rice and pasta.</td>
</tr>
<tr>
<td>½ cup dry porridge oats or ½ cup unsweetened muesli</td>
<td></td>
</tr>
<tr>
<td>1 cup flaked type breakfast cereal</td>
<td></td>
</tr>
<tr>
<td>1 cup cooked rice, pasta, noodles or couscous</td>
<td></td>
</tr>
<tr>
<td>2 medium or 4 small potatoes, 1 cup yam or plantain</td>
<td></td>
</tr>
</tbody>
</table>

Healthy Eating Tips

Choose a variety of foods from this shelf every day.

Try using brown rice and wholewheat pasta and check your portion guide.

Be aware of portion size and calorie difference

1 small wrap = 2 slices of bread
1 pitta pocket = 2 slices of bread
1 demi baguette = 4 slices of bread

Some types may contain more calories than others.

For more food facts and healthy eating tips visit [www.healthyireland.ie](http://www.healthyireland.ie)