

Country: Ireland

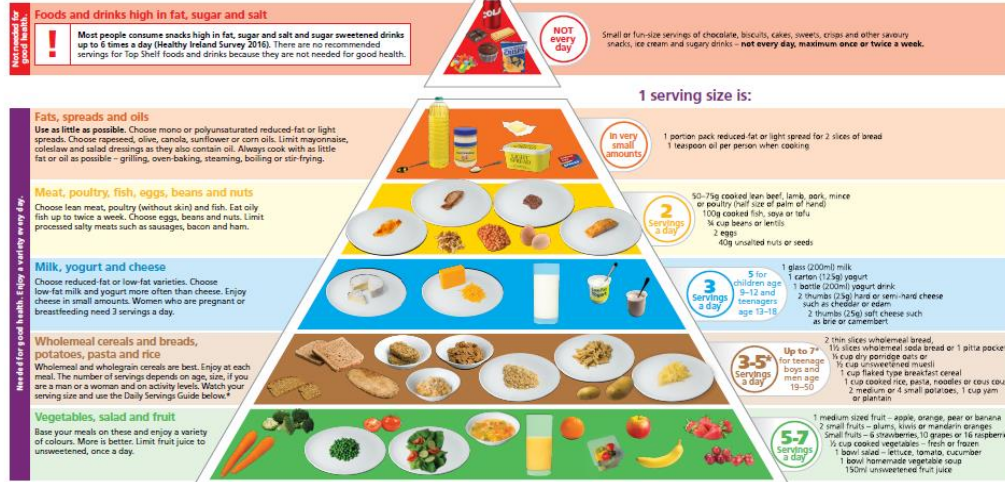
Author: Department of Health



The Food Pyramid

For adults, teenagers and children aged five and over

www.healthyireland.ie



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

Active	Child (5-12)	Teenager (13-18)	Adult (19-50)	Adult (51+)	Inactive	Teenager (13-18)	Adult (19-50)	Adult (51+)
👤	3-4	4	4-5	3-4	👤	3	3-4	3
👤	3-5	5-7	5-7	4-5	👤	4-5	4-6	4

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

Serving size guide

- Cereals, cooked rice and pasta, and vegetables, salad and fruit**
Use a 200ml disposable plastic cup to guide serving size.
- Cheese**
Use two thumbs, width and depth to guide serving size.
- Meat, poultry, fish**
The palm of the hand, width and depth without fingers and thumb, shows how much you need in a day.
- Reduced-fat spread**
Portion packs found in cafes can guide the amount you use. One pack should be enough for two slices of bread.
- Oils**
Use one teaspoon of oil per person when cooking or in salad.

Average daily calorie needs for all foods and drinks for adults
 🏃 **Active 2000kcal** **Inactive 1800kcal** 🏃 **Active 2500kcal** **Inactive 2000kcal**

🥛 **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.

Source: Department of Health, December 2016.

Key Message

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

Date of Record: December 2016

Source of Information: [Link](#)

