

1  
sugars and sweets  
and other junk

2  
fats, spreads and oils

3  
meat poultry  
fish eggs  
beans and nuts

4  
milk yogurt  
and cheese

5  
bread  
potatoes

6  
fruits and vegetables

7  
water, tea, coffee  
and fruit

2  
sugars  
junk

5  
bread  
potatoes

6-7  
Beverages  
& coffee

Protein	Fat	Carbohydrate
meat	Olive oil	bread
fish	Blue fish	Cereal
eggs	Dried fruit	cookies
cheese	Seeds	rice
leaves	Avocado	fruit
Lean meat	olives	juice
	Peanut	burgers veggie



eat meat - Grains

eat more - vegetables and fruit

eat moderate - meat, fish, egg and milk

at least - fat oil salt and sugar

protein - 40g  
fat - 60g  
oil - 60g  
salt - 6g  
sugar - 6g

Grains: 4-6 bowls

vegetables: least 3 servings

Fruits: at least 2

meat, fish, egg and alternatives: 4-6 times

milk and alternatives: 2

fat/oil salt and sugar: eat the least

fluid: 6-8 glasses

# The Food Pyramid

Do you know that there are

different food groups? Different

foods provides different nutrients

and different benefits to your

body.