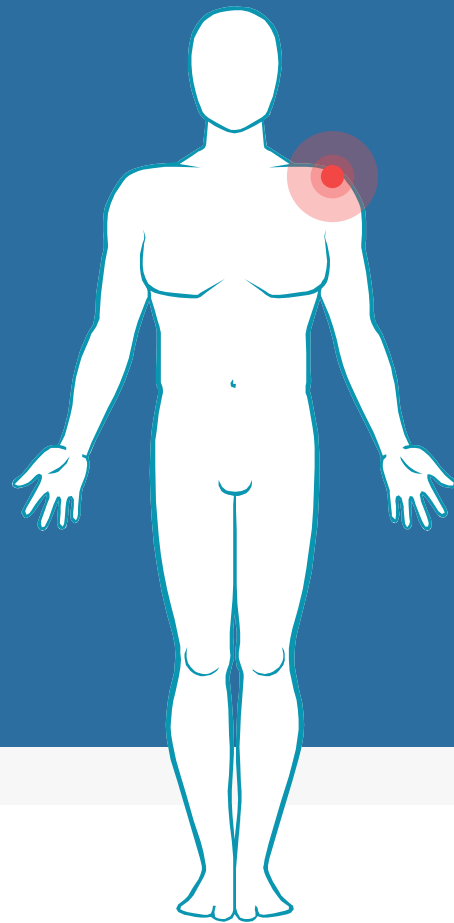


ON-CALL

Digital Resources

The Food Pyramid



Food Pyramid

It has **6 Groups**:

- High in Carbohydrates.
- Fruit and vegetables.
- Dairy products
- Meat, Fish, eggs.
- Fats, oil, sugar.

High in Carbohydrates.

- Products such as rice, bread, corn, pasta, noodles, etc.
- High in Carbohydrates.
- Experts recommend eating 6 to 11 pieces per day.



Fruit and Vegetables

- Products like apples ,oranges, bananas, cabbage, lettuce, cucumber, tomato, etc.
- Provide fibre,vitamins and minerals.
- Recommended to eat 2 pieces of fruit and 3 vegetables per day.



Dairy Products

- Products like cheese, milk, yogurt, butter, etc.
- These gives vitamins, phosphorus and calcium to maintain strength bones.
- Experts recommend 2 or 3 pieces per day.



Meat, Fish, & Eggs

- Products like chicken, eggs, beef, pork, lamb, tuna, salmon, etc.
- This food group gives amino acids that form proteins.
- Eating 2 pieces per day is recommended.



Fats, Oils and Sugars

- Products like vegetable, sunflower and olive oils, chocolate, cakes, sweets, biscuits and fast food.
- These are unhealthy food because they have a lot of fats and sugars.
- It's recommended to only eat these in moderation.



Food Pyramid as we Age

- The food pyramid for children contains six stripes:
 - Orange: Grains
 - Green: Vegetables
 - Red: Fruits
 - Blue: Dairy and Calcium-Rich Foods
 - Purple: Proteins
 - Yellow: Fats and Oils
- The width of the coloured stripe gives children a visual understanding that more servings need to be eaten from one group, such as grains, while others specify a smaller serving size need, such as the fats and oils group.

Food Pyramid as we Age

- The Food Pyramid for over 70s shows the different dietary and nutrition requirements of people over the age of 70.
- This food pyramid promotes smaller portions of fruit, vegetables, meats, breads, pastas and grains, compared to the normal food pyramid.
- This food pyramid recommends an equal quantity of dairy and eggs as is included in the mainstream pyramid.
- It emphasizes the need to include 8 glasses of water in our daily meal plans as we get older.

Asian Diet Pyramid

- Daily servings of: Rice, Noodles, Breads, Millet, Corn and other Whole Grains, Vegetables, Fruits, Legumes, Beans, Seeds and Nuts,
- Optional daily servings of: Fish and Shellfish or Dairy
- Weekly servings of: Eggs, Poultry, and Sweets
- Monthly servings of: Pork or Red meat
- Drinks: Drink 6 glasses of water or tea every day to assure good health.
- Exercise: Do some form of physical exercise every day, like Qigong or Tai Chi!

Latin American Diet Pyramid

- Several servings a day of fruits, vegetables, whole grains, tubers, pasta, beans and nuts
- Daily servings of poultry, fish & shellfish, plant oils, dairy
- Once a week you can have some red meat, eggs and sweets
- Drink 6 glasses of water every day to assure good health.
- If you're an adult, it's ok to drink alcohol, as long as your alcohol intake is moderate and with meals.
- Do some form of exercise every day! Here they recommend trying salsa dancing, play some soccer, clean up your house or go for a walk.

Mediterranean Diet Pyramid

- Eating fresh vegetables, fruits and whole grains with daily servings of dried beans, nuts or seeds. Consume fresh foods that are in season where possible.
- Eat fish regularly and only small amounts of red meat and poultry.
- Use garlic, onion and herbs to spice your food and reduce the salt.
- Use olive oil as your main source of fat, instead of butter or margarine.
- Instead of having high-fat, high-sugar desserts and bakery products, when you want something sweet, instead choose fruits.
- Maintain regular exercise but try daily walks and exercises that are not too strenuous on your heart – a daily walk can go a long way!



This project has been funded with support from the European Commission.
This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.