

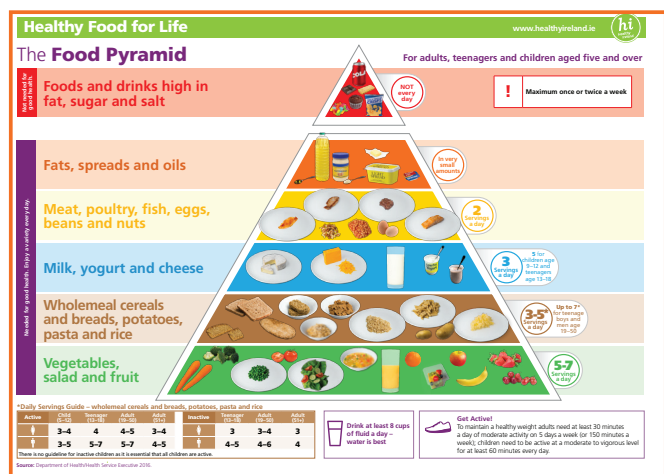
Taste Buds

Meals and dishes Making healthy choices

Eating a wide variety of nourishing foods provides the energy and nutrients you need every day to stay healthy.



The Food Pyramid shows how much of what you eat overall should come from each shelf to achieve a healthy, balanced diet.



Meat, poultry, fish, eggs, beans and nuts

Foods from this shelf include:

- Meat, poultry and game, including lamb, beef, pork, chicken, bacon, sausages and burgers
- White fish, including haddock, plaice, pollack, coley and cod
- Oilyfish, including mackerel, sardines, trout, salmon and whitebait
- Shellfish, including prawns, mussels, crab and squid
- Eggs, nuts, beans and other pulses, including lentils, chickpeas, baked beans, kidney beans and butterbeans

Fats, spreads and oils

Foods from this shelf include unsaturated oils including vegetable oil, rapeseed oil, reduced fat spreads, olive oil and sunflower oil. Soft spreads made from unsaturated oils. Mayonnaise and oil based salad dressing.

Foods and drinks high in fat, sugar and salt

Foods from this shelf include crisps, chocolate, ice cream, cakes, sugary drinks and biscuits.

We need more from some food shelves than others. Try to eat:

- Plenty of fruit and vegetables
- Plenty of bread, rice, potatoes, pasta and cereals – going for the wholegrain varieties whenever you can
- Some milk, cheese and yogurt – choose lower fat varieties where possible
- Some meat, poultry, eggs, beans and nuts – choose lower fat varieties where possible
- A very small amount of fats and oils

Vegetables, salad and fruit

Foods from this shelf include all fruit and vegetables, such as apples, pears, oranges, bananas, grapes, strawberries, mango, pineapple, raisins, broccoli, courgettes, cabbage, peas, sweetcorn, lettuce, tomatoes and carrots.

Wholemeal cereals and breads, potatoes, pasta and rice

Foods from this shelf include bread – including soda bread, rye bread, pitta, flour tortilla, baguettes, chapatti and bagels – rice, potatoes, breakfast cereals, oats, pasta, noodles, maize, cornmeal, polenta, millet, spelt, couscous, bulgur wheat, pearl barley, yams and plantains.


Milk, yogurt and cheese

Foods in this group include milk, hard cheese, semi-hard cheese, soft cheese, yogurt and yogurt drinks.

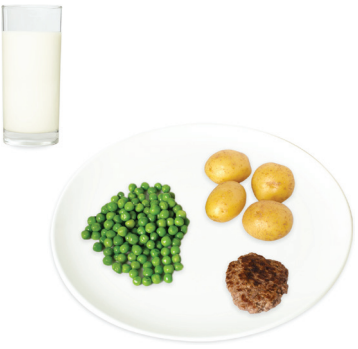
Meals and dishes can combine foods from many different shelves on the Food Pyramid. Here are some examples of meals that combine different foods.

Breakfast	Food	Food Pyramid Shelf
Milk, cereal, fruit 	Milk	Milk, yogurt and cheese
	Wholemeal breakfast biscuits	Wholemeal cereals and breads, potatoes, pasta and rice
	Strawberries	Vegetables, salad and fruit

Lunch	Food	Food Pyramid Shelf
Chicken sandwich with low-fat yogurt drink 	Low-fat yogurt drink	Milk, yogurt and cheese
	Wholemeal bread	Wholemeal cereals and breads, potatoes, pasta and rice
	Lettuce and tomatoes	Vegetables, salad and fruit
	Chicken	Meat, poultry, fish, eggs, beans and nuts

Lunch	Food	Food Pyramid Shelf
Tuna and sweetcorn in pitta bread and orange juice 	Orange juice, lettuce, sweetcorn	Vegetables, salad and fruit
	Wholemeal pitta bread	Wholemeal cereals and breads, potatoes, pasta and rice
	Tuna	Beans, pulses, fish, eggs, meat and other proteins

Evening Meal	Food	Food Pyramid Shelf
Spagetti bolognese and milk 	Milk	Milk, yogurt and cheese
	Pasta	Wholemeal cereals and breads, potatoes, pasta and rice
	Lean mince	Beans, pulses, fish, eggs, meat and other proteins
	Carrots, onion, celery, tinned tomatoes cooked in sauce	Vegetables, salad and fruit

Evening Meal	Food	Food Pyramid Shelf
Beef burger, potatoes, peas and milk 	Milk	Milk, yogurt and cheese
	Potatoes	Wholemeal cereals and breads, potatoes, pasta and rice
	Lean mince	Beans, pulses, fish, eggs, meat and other proteins
	Peas	Vegetables, salad and fruit