Healthy Food for Life

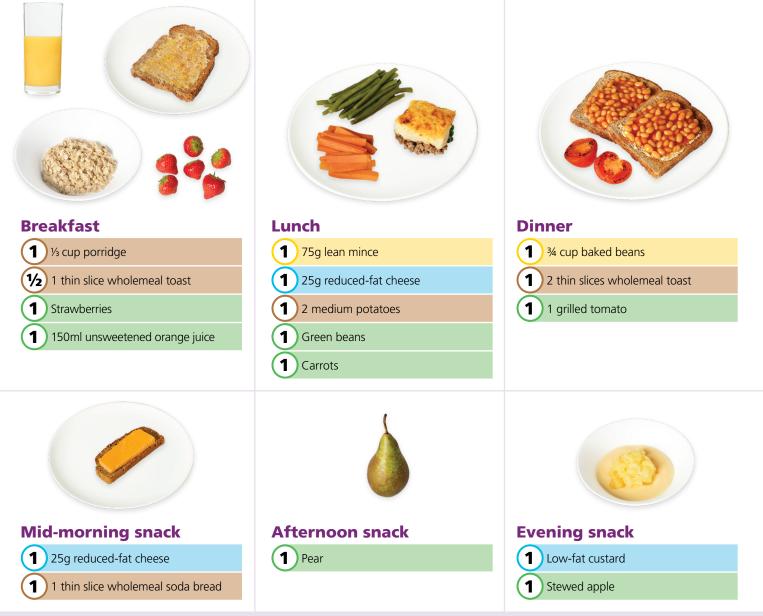


Food Pyramid to Daily Meal Plan

Mary, aged 70, enjoys looking after her 2 young grandchildren, so she is kept active. Mary needs 5 servings from the Wholemeal Cereals and Breads, Potatoes, Pasta and Rice shelf.



Foods and drinks high in fat, sugar and salt



Health advice for everyday life

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.

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