

The Food Pyramid

For adults, teenagers and children aged five and over

Not needed for young adults

Foods and drinks high in fat, sugar and salt

NOT every day

!

Maximum once or twice a week

Fats, spreads and oils

1-2 servings a day

Meat, poultry, fish, eggs, beans and nuts

2 servings a day

Milk, yogurt and cheese

3 servings a day

3 for children age 5-12 and teenagers age 13-19

Wholemeal cereals and breads, potatoes, pasta and rice

3-5 servings a day

Up to 7* for teenagers 16-19 and adults age 20-49

Vegetables, salad and fruit

5-7 servings a day

Needed for good health. Enjoy a variety every day

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

Age	5-12	13-19	20-49	50-64	Gender	5-12	13-19	20-49	50-64
Male	3-4	4	4-5	3-4	Male	3	3-4	3	
Female	3-5	5-7	5-7	4-5	Female	4-5	4-6	4	

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

Source: Department of Health, December 2016



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 for 150 minutes a week. Children need to be active at a moderate to vigorous level for at least 60 minutes every day

Revised Diabetes Food Guide Pyramid

**Paul M. Insel, R. Elaine Turner, Don
Ross**



Revised Diabetes Food Guide Pyramid:

The New Family Cookbook for People with Diabetes American Diabetes Association, 1999 Prepared jointly by the American Diabetes and American Dietetic associations this authoritative and comprehensive cookbook presents more than 375 recipes that are easy to prepare and tasty enough to satisfy the whole family Each recipe is accompanied by a nutritional analysis and the most current diabetes exchange information

Nutrition Paul M. Insel, R. Elaine Turner, Don Ross, 2004 Nutrition is unique in its behavioral approach challenging students to actively participate not just memorize the material Offering a balanced coverage of behavioral change and the science of nutrition

The Complete Idiot's Guide to Healthy Weight Loss, 2e Lucy Beale, Sandy G. Couvillon, 2005-12-06 Shed those pounds the healthy way This brand new edition of The Complete Idiot's Guide to Healthy Weight Loss not only gives readers critical information on nutrition and health it also delivers everything they need to know about the mental and exercise pieces of the weight loss puzzle In addition it presents a comprehensive overview of today's most popular diets chapters on such major diet types as low fat low sodium low carb and low cal as well as chapters on dieting for kids dieting for diabetics dieting for heart health and more Best of all readers will find five unique diet plans to help them lose weight and keep it off starting today Features new research on how nutrition and certain foods affect body weight Expanded information on surgical and pharmaceutical options for weight loss plus the skinny on supplements and over the counter remedies Upload exercise chapters with more fat burning exercises and updated charts for calorie burning including suggestions for meeting the U S Government's new exercise recommendations

The Complete Idiot's Guide to Terrific Diabetic Meals Barbara Forsberg, Joan Clark-Warner, MS, RD, CDE, Lucy Beale, 2004-10-05 Diabetic friendly recipes the whole family will love From appetizers to desserts and everything in between here are three hundred easy to prepare recipes for diabetics that can be made from everyday household ingredients and the entire family can enjoy Food categories include Mexican Italian Pan Asian fish poultry lean beef and pork entrees appetizers snacks side dishes breads and desserts and fruits vegetables soups salads pastas and breads First diabetic cookbook to use the new glycemic index for all recipes three hundred recipes far more than others on the market 6 5% of the U S population has diabetes the World Health Organization is predicting the number of people with diabetes to double from 140 million to 300 million by 2025

The All-New Diabetic Cookbook Kitty Maynard, Lucian Maynard, 1998-09-12 Included are traditional recipes from appetizers to desserts and new vegetarian recipes using a variety of rice grains and vegetables With recipes for children it is the perfect book for young and old alike A complete guide to healthy eating The All New Diabetic Cookbook includes up to date and easy to understand information on eating out traveling and stress management In addition it provides the ADA's new exchange lists and nutrition recommendations Developed by a team uniquely qualified both in the medical care of those with diabetes and in cooking and meal planning The All New Diabetic Cookbook includes menu plans that accommodate several levels of caloric intake from 1 000 to 3 000 calories per day A detailed nutritional analysis of each

dish including the number of calories and percentage of calories that come from fat follows each recipe Beautifully illustrated with full color photographs and containing more than 400 recipes The All New Diabetic Cookbook is a book doctors will recommend to their patients It is a thorough revision of Cooking for Diabetics which has sold over 100 000 copies

Cooking Up Fun for Kids with Diabetes Patti Bazel Geil,Tami A. Ross,Tami Ross,2003-06-09 Discusses healthy eating and nutrition for children with type 1 and type 2 diabetes and provides recipes for main dishes snacks and desserts Includes fun food facts *The Cambridge World History of Food* Kenneth F. Kiple,Kriemhild Coneè Ornelas,2000 A two volume set which traces the history of food and nutrition from the beginning of human life on earth through the present Winning Tennis Nutrition Grace Lee MS RDN,2016-01-29 What do Novak Djokovic Andy Murray Martina Navratilova Venus Williams and countless other tennis players have in common Aside from being world class tennis pros these superstars changed their diets transformed their game and won more While you may dream of reaching their success the reality of making the cut for your high school tennis team or getting to your next USTA rating level becomes possible with good diet and nutrition In Winning Tennis Nutrition author Grace Lee shows you how to supercharge your tennis game Lee an avid tennis player and longtime registered dietitian nutritionist offers a solid nutrition resource to maximize your potential through foods and fluids Winning Tennis Nutrition presents the latest and most accurate information on nutritional supplements fluids carbohydrates gluten weight loss and much more for players coaches parents and fans In addition legendary coaches and players share valuable insight on the role of nutrition in today's tennis game Filled with practical tips Winning Tennis Nutrition can improve your tennis performance and give you that winning edge on and off the court **Vegetarian Times** ,1999-10 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that's exclusively vegetarian but wrapped in a fresh stylish mainstream package that's inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT's goal To embrace both **Nutrition Education: Linking Research, Theory, and Practice** Isobel R. Contento,2010-03-29 Nutrition Education Second Edition provides a simple straightforward model for designing effective nutrition education that addresses the personal and environmental influences that affect food choice and assists individuals in adopting healthy behaviors Using a six step process this text integrates theory research and practice and provides advice on designing implementing and evaluating theory based nutrition education

The Enigmatic Realm of **Revised Diabetes Food Guide Pyramid**: Unleashing the Language is Inner Magic

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