

Fats, Oils & Sweets
USE SPARINGLY

KEY
 Fat (naturally occurring and added)
 Sugars (added)
 These symbols show fats and added sugars in foods.

Milk, Yogurt & Cheese Group
2-3 SERVINGS

Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group
2-3 SERVINGS

Vegetable Group
3-5 SERVINGS

Fruit Group
2-4 SERVINGS

Bread, Cereal, Rice & Pasta Group
6-11 SERVINGS

Food pyramids change with time and place, but the goal is the same: Eat well

Eatwell Guide

Check the label on packaged foods.
 Each serving (100g) contains:

 of an adult's reference intake.
 Typical values for 100g (100g/100kcal):
 Choose foods lower in fat, salt and sugars.

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.


6-8 a day
 Water, lower fat milk, sugar-free drinks including tea and coffee all count.
 Limit fruit juice and/or smoothies to a total of 150ml a day.




 Eat less often and

Nutrition In The 90s

Ira Wolinsky



Nutrition In The 90s:

Nutrition in the '90s Gerald E. Gaull, Frank N. Kotsonis, Maureen A. Mackey, 2020-07-24 In ten essays commissioned by the NutraSweet Company contributors from the health and food sciences explain to the general consumer that nutrition is not as simple as some people make it out to be and there are still questions about sugar cholesterol obesity and other topics Annotation copyrig

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