

Use the Food Pyramid to plan your healthy food choices every day and watch your portion size

Choose **very small** amounts



Fats, High Fat/Sugar Snacks, Foods and Drinks

Use sparingly

1 oz low fat spread or 1/2 oz butter/margarine

Choose fats high in monounsaturates or polyunsaturates

Limit fried foods to 1-2 times a week

Only have small amounts of high fat/sugar snacks and drinks and not too often

Choose any **2**



Meat, Fish, Eggs and Alternatives

1 Serving =

2 oz cooked lean meat or poultry

3 oz cooked fish

2 eggs

2 oz cheese

3 oz nuts

Choose lean cuts of meats
Eat oily fish

Choose any **3**



Milk, Cheese & Yoghurt

1 Serving =

1/3 pint of milk

1 carton of yoghurt

Milk pudding made with 1/3 pint of milk

1 oz cheese

Choose low fat varieties

Choose any **5**



Fruit & Vegetables

1 Serving =

1 small glass of fruit juice

1 medium sized fresh fruit, e.g. apple, orange, banana

2 small sized fresh fruit, e.g. plums, mandarins, kiwi

3-4 dessertspoons cooked vegetable or salad,

including peas and beans

Small bowl of homemade vegetable soup

3 dessertspoons cooked or tinned fruit (not in syrup)

Choose green leafy vegetables
and citrus fruit frequently

Fruit juice only counts for one
serving each day.

Choose any **6+**



Bread, Cereals & Potatoes

1 Serving =

1 bowl of cereal

1 slice of bread

3 dessertspoons of cooked pasta or rice

1 medium boiled or backed potato

Eat these foods a each
meal-high fibre is best

Drink water regularly - at least 8 cups a day

Folic Acid- An essential ingredient in making a baby. You can get Folic Acid from green leafy vegetables but if there is any possibility that you could become pregnant you should be taking Folic Acid tablet (400 micrograms per day)