

# 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 – 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 & Alternatives

Choose lean cuts of meats. Eat oily fish.



Choose any **3**



## Milk, Cheese & Yogurt

Choose low fat varieties.



Choose  
any **5**

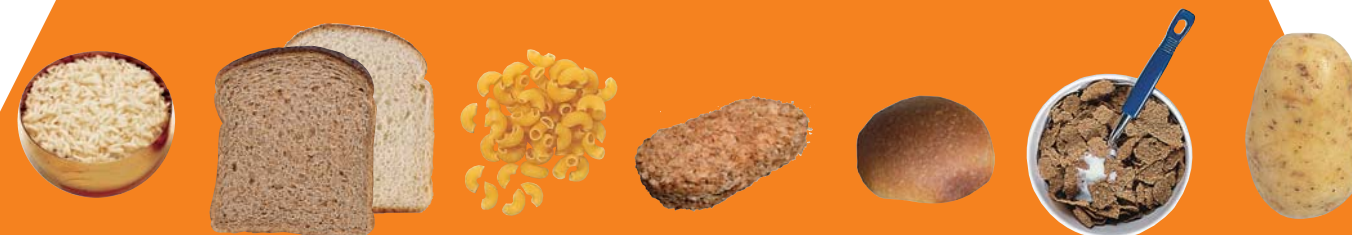


## Fruit & Vegetables

Choose green leafy vegetables and citrus fruit frequently. Fruit juice only counts for one serving, each day.



Choose  
any **6+**



## Bread, Cereals & Potatoes

Eat these foods at 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 THEN YOU SHOULD BE TAKING A FOLIC ACID TABLET (400 MICROGRAMS PER DAY).