ใบความรู้ เรื่อง Food Pyramid

Healthy Food for Life

www.healthyireland.ie



The Food Pyramid

good health.

Foods and drinks high in fat, sugar and salt



For adults, teenagers and children aged five and over

Most people consume snacks high in fat, sugar and salt and sugar sweetened drinks up to 6 times a day (Healthy Ireland Survey 2016). There are no recommended servings for Top Shelf foods and drinks because they are not needed for good health.



Vegetables, salad and fruit



Base your meals on these and enjoy a variety of colours. More is better. Limit fruit juice to unsweetened, once a day.