

# Park Academy Food Pyramid

## Ages 1-5

**Foods and drinks  
high in sugar and salt**



**0**

Servings

Children under 5 should have no food with added sugar and salt.

**Fats, spreads and oils**



**Very  
small  
amounts**

Use as little as possible, choose mono or polyunsaturated spreads use olive, rapeseed, or sunflower oil.

**Meat, poultry, fish,  
eggs and beans**



**2**

Servings  
a day

Eat oily fish up to twice a week. Limit processed salty meats.

**Milk, yoghurt  
and cheese**



**3**

Servings  
a day

Children should always have full fat milk and dairy products.

**Wholemeal cereals,  
breads, potatoes,  
pasta and rice**



**3-5**

Servings  
a day

Wholemeal and wholegrain are best

**Vegetables,  
salad and fruit**



**5-7**

Servings  
a day

More salad and vegetables than fruit. Children should not have fruit juice, water is best.

Drink at least 6 cups of water a day • Children need to be moderately to vigorously active for 60 minutes per day.

# Food Guide Pyramid For Children Ages 1 6

**M Mark**



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