

Use the **FOOD PYRAMID** to plan your daily healthy food choices



**Alcohol weekly
lower risk limits**

Men: 17 standard units.
(170g alcohol over a week)

Women: 11 standard units.
(110g alcohol over a week)

Food and drinks high in fat, sugar and salt.
These are not necessary for healthy eating.
Limit to sometimes **but not** every day



Use as little as possible
of all oils, fats, butters
and spreads

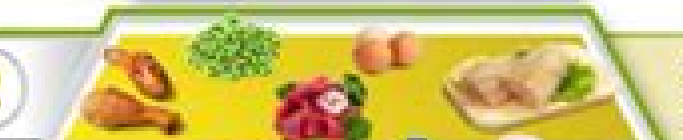
2



Oils, fats and spreads

Choose 2 servings
Choose low fat, monounsaturated and polyunsaturated varieties

2



Meat, fish, eggs and alternatives

Choose 2 servings. Choose lean meat and low fat cooking methods
(grilling/baking/boiling) Choose oily fish one or two days a week

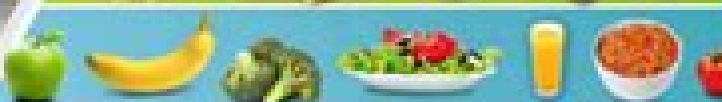
3



Milk, cheese and yoghurts

Choose 3 servings (aged 9-18 yrs - choose 5)
Choose low fat varieties

5



Fruit and Vegetables

Choose 5 or more servings

6+



Breads, cereals and potatoes

Choose at least 6 servings. High fibre varieties are best.
Include in each meal

The foods on these shelves
are essential for good health

Drink water regularly - AT LEAST 8 CUPS OF FLUID PER DAY



Use a 100ml disposable
plastic cup to guide portion
size of cereals, cooked
rice and pasta, and most
vegetables, salad and fruit



A 5ml teaspoon can guide
your portion size for peanut
butter, jam, margarine or
honey



A Matchbox can guide you
on a serving of cheese.
Use fat options are best



Portion guide of butter or
spread (used in cups) can
guide the amount you use



The Palm of the hand with
and thumb (without fingers
and thumb) shows how much
meat, poultry or fish you need
in a day

Food Guide Pyramid Gestational Diabetes

Tao Wei



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