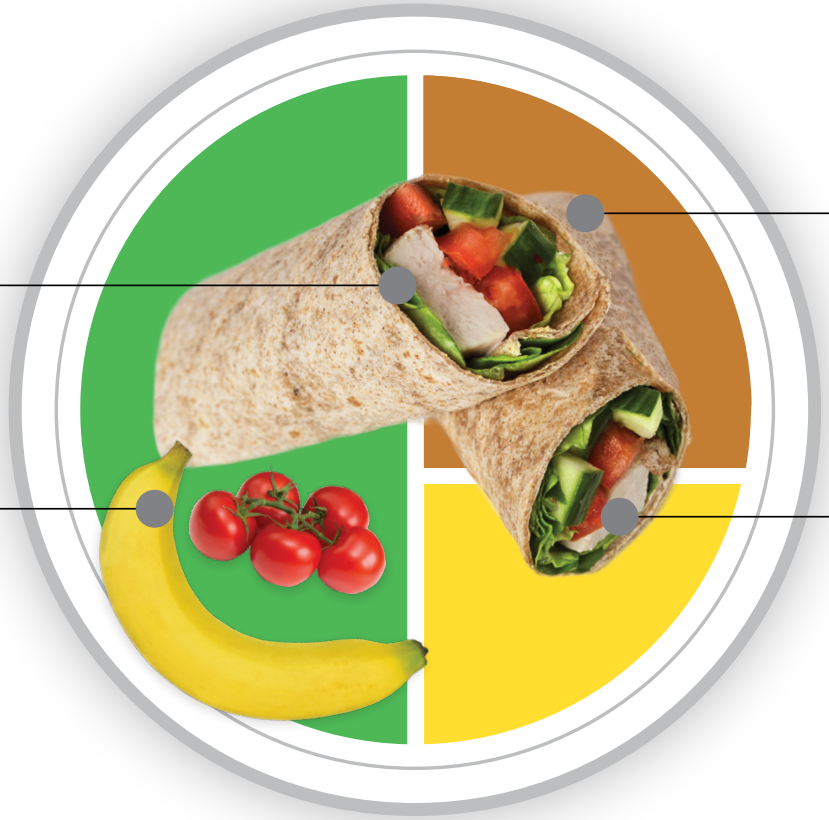
Healthy Food for Life

From Food Pyramid to Plate

Lunch



1 Serving Lettuce, cucumber, tomatoes

1 Serving Banana

Vegetables, salad and fruit

Enjoy 5–7 servings a day. Base your meals on these and enjoy a variety of colours.

1 Serving Wholemeal wrap

Wholegrain breads and cereals, potatoes, pasta and rice

Enjoy 3–5 servings a day and up to 7 for teenage boys and men aged 19–50. Wholemeal and wholegrain cereals are best. Enjoy at each meal.

1 Serving 40g chicken

Meat, poultry, fish, eggs, beans and nuts

Enjoy 2 servings a day. Choose lean meat, poultry (without skin) and fish.

Source: Department of Health/Health Service Executive 2016.