

THE RULES OF SCHOOL LUNCH MENU DESIGN



How to use the Pyramid

The recommended number of servings for children (from 5 years of age*) and adults is highlighted beside each shelf. For example, to get at least 4 servings from the Fruit and Veg shelf you could have:

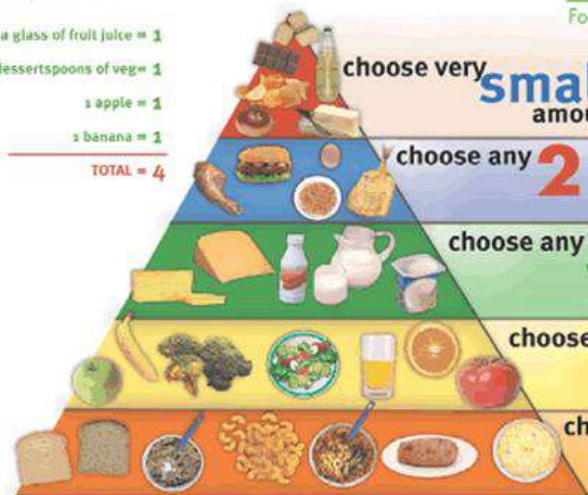
1/2 a glass of fruit juice = 1

3 dessertspoons of veg = 1

1 apple = 1

1 banana = 1

TOTAL = 4



Use the FOOD PYRAMID to Plan Your Healthy Food Choices

For serving sizes and daily eating plan see over →→→→

choose very **small** amounts

Choose oils, margarine or low fat spreads labelled 'High in Polyunsaturates' or 'High in Monounsaturates' which are healthier for your heart. Use sparingly. Limit fried foods to 1-2 times a week.

choose any **2**

MEAT, FISH, EGGS, BEANS & PEAS

Choose lean meats or trim off fat. Choose 3 servings during pregnancy.

choose any **3**

MILK, CHEESE & YOGURT

Choose Low Fat choices frequently, except for young children. Choose 5 servings for teenagers or if pregnant or breast feeding.

choose any **4+**

FRUIT & VEGETABLES

Choose green leafy vegetables, citrus fruit and fruit juices frequently.

choose any **6+**

BREAD, CEREALS & POTATOES

Choose high fibre cereals and breads frequently. If physical activity is high, up to 12 servings may be necessary.

DRINK WATER REGULARLY - AT LEAST 8 CUPS OF FLUID PER DAY

Folic Acid - An essential ingredient in making a baby. If there is any possibility that you could become pregnant, then you should be taking a folic acid tablet (400 micrograms a day)

* For younger children, start with smaller and fewer servings and increase up to the guidelines recommended, according to the child's own growth and appetite.

The eatwell plate highlights the different types of food that make up our diet, and shows the proportions we should eat them in to have a well balanced and healthy diet.

Please design your lunch to meet the healthy diet rule.

