8 Steps towards a Healthy Lifestyle

- Base your meals on breads, cereals, pasta, rice and potatoes, choosing wholemeal or wholegrain products when possible.
- Eat, at least, 5 portions of fruits and vegetables everyday.
- Drink milk and milk products eg, yoghurt and cheese in moderation. Choose low-fat products when possible eg. skimmed milk and light yoghurt.
- Eat meat, fish, eggs and legumes such as beans, peas and nuts in moderate amounts. Try to choose lean cuts when eating white or red meat.
- Always choose those foods that are low in fat, sugar and salt.
- Enjoy your food by eating regular meals in moderate amounts.
- Drink, at least, 6 to 8 glasses of water daily.
- Exercise for 30 minutes to 1 hour everyday.
The Food Pyramid

**Group 1**
- Bread, Cereals, Pasta, Rice and Potatoes. These are needed for energy.

**Group 2**
- Fruits and Vegetables. These give us vitamins and minerals.

**Group 3**
- Milk, Yoghurt and Cheese. These are needed to strengthen bones and teeth.

**Group 4**
- Meat, Fish, Legumes, Eggs and Nuts. These are needed for growth and repair.

**Group 5**
- Sugar, Fat and Salt. These should be taken in small amounts.

- **Eat a wide variety**
- **Eat in moderation**
- **Eat the least**