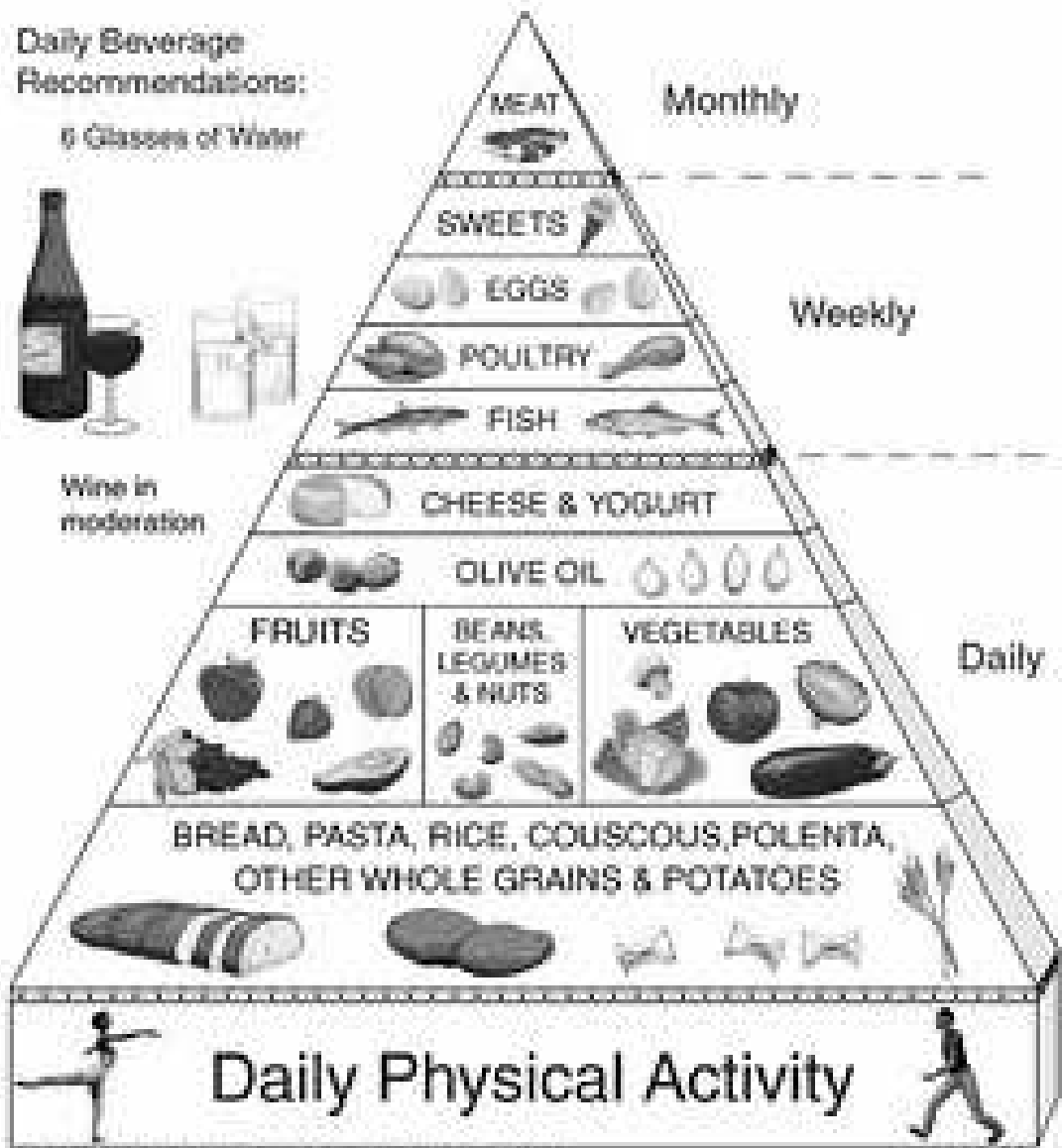


The Traditional Healthy Mediterranean Diet Pyramid



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Great Britain



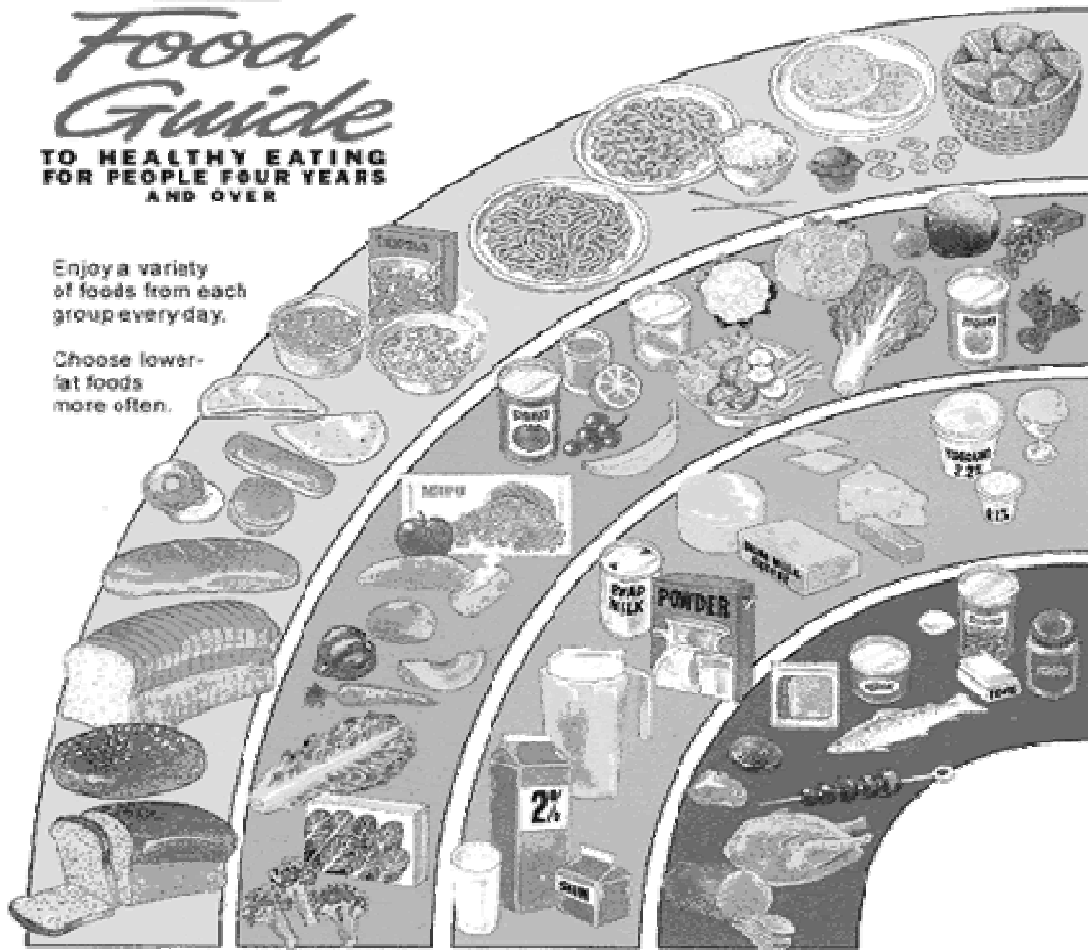


Health
Canada Santé
Canada

CANADA'S
*Food
Guide*
**TO HEALTHY EATING
FOR PEOPLE FOUR YEARS
AND OVER**

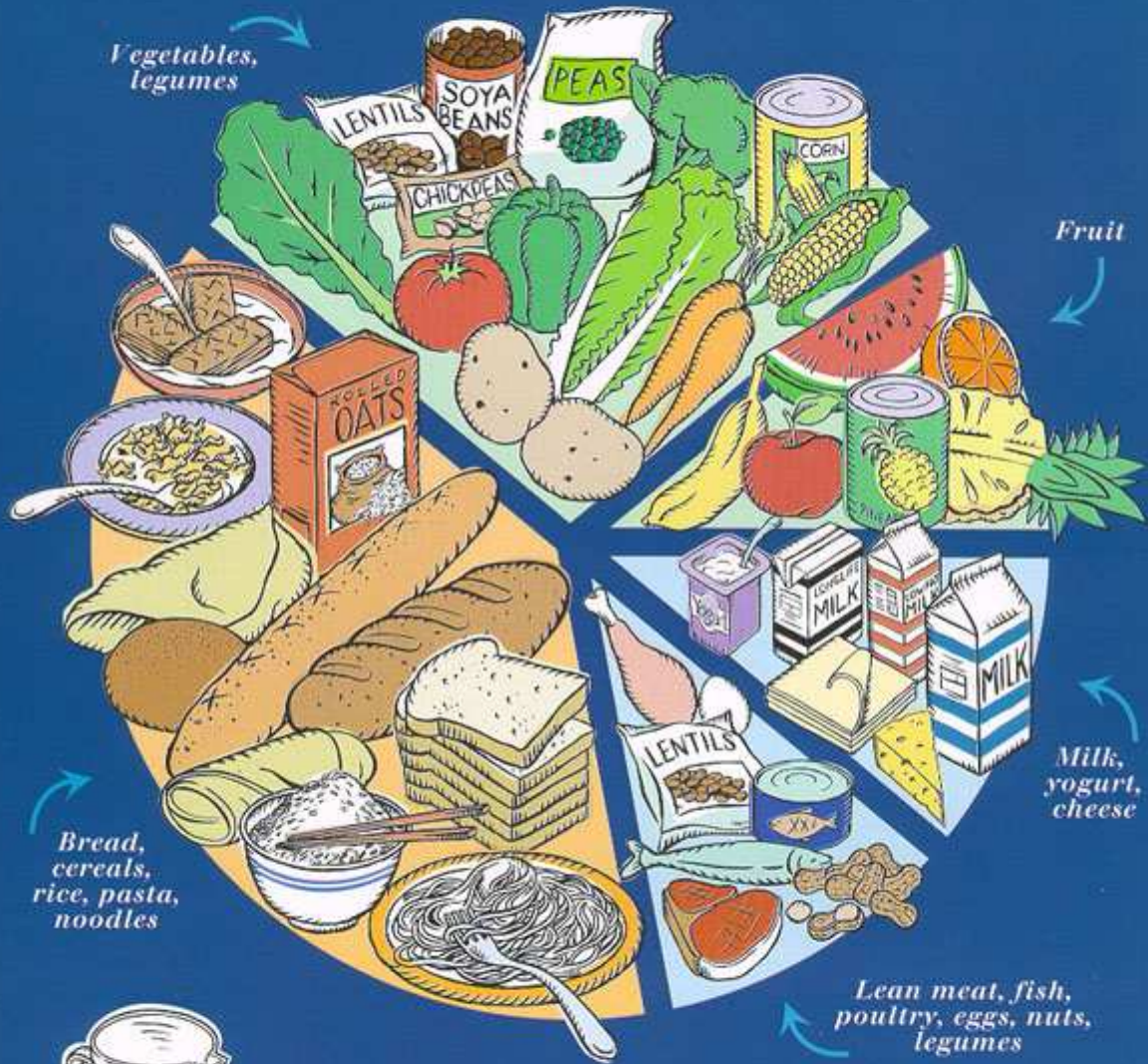
Enjoy a variety
of foods from each
group every day.

Choose lower-
fat foods
more often.



<p>Grain Products 5-12 SERVINGS PER DAY</p>	<p>1 serving</p> <p>1 Slice</p> <p>Hot Cereal 175 mL 3/4 cup</p> <p>Cold Cereal 30 g</p> <p>2 servings</p> <p>Pasta or Rice 250 mL 1 cup</p> <p>1 Bagel, Pita or Bun</p>	
<p>Vegetables and Fruit 5-10 SERVINGS PER DAY</p>	<p>1 serving</p> <p>1 Medium Size Vegetable or Fruit</p> <p>Fresh, Frozen or Canned Vegetables or Fruit 125 mL 1/2 cup</p> <p>Salad 250 mL 1 cup</p> <p>Juice 125 mL 1/2 cup</p>	
<p>Milk Products Servings per Day Children 4-9 years: 2-3 Youth 10-16 years: 3-4 Adults: 2-4 Pregnant and Breast-feeding Women: 3-4</p>	<p>1 serving</p> <p>250 mL 1 cup</p> <p>3"x1"x1" 50 g</p> <p>2 Slices 50 g</p> <p>175 g 3/4 cup</p>	<p>Other Foods</p> <p>Taste and enjoyment can also come from other foods and beverages that are not part of the 4 food groups. Some of these foods are higher in fat or calories, so use these foods in moderation.</p>
<p>Meat and Alternatives 2-3 SERVINGS PER DAY</p>	<p>1 serving</p> <p>Meat, Poultry or Fish 50-100 g</p> <p>1/3-2/3 Can 50-100 g</p> <p>1-2 Eggs</p> <p>Beans 125-250 mL</p> <p>100 g 1/3 cup</p> <p>Peanut Butter 30 mL 2 tbsp</p>	

Enjoy a variety of foods every day



Bread, cereals, rice, pasta, noodles

Fruit

Milk, yogurt, cheese

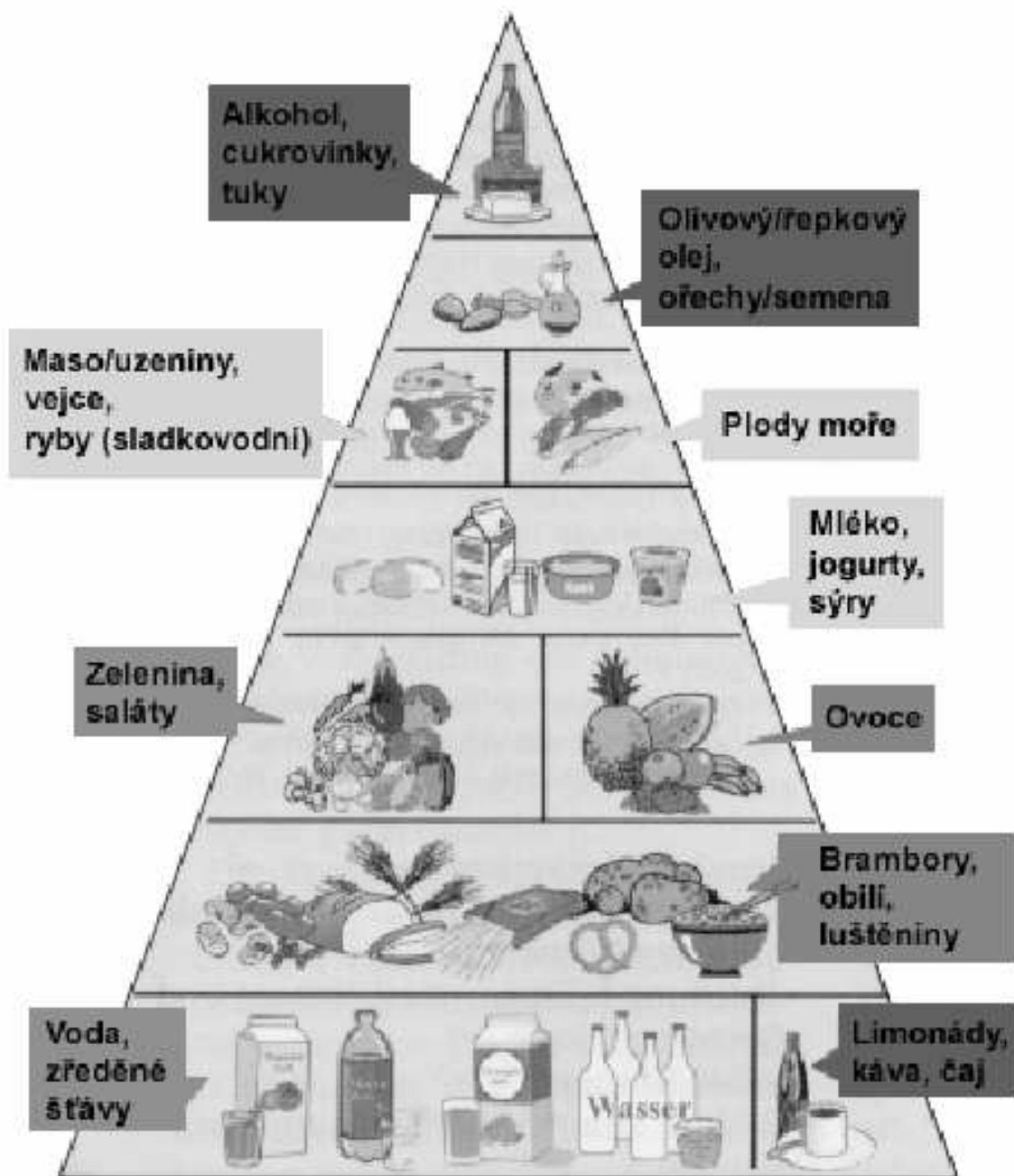
Lean meat, fish, poultry, eggs, nuts, legumes



Drink plenty of water

Choose these sometimes or in small amounts





Obr. 1. Modifikovaná výživová pyramida

Fats, Oils & Sweets
USE SPARINGLY

KEY

◻ Fat (naturally occurring and added)

◼ Sugars (added)

These symbols show fats and added sugars in foods.

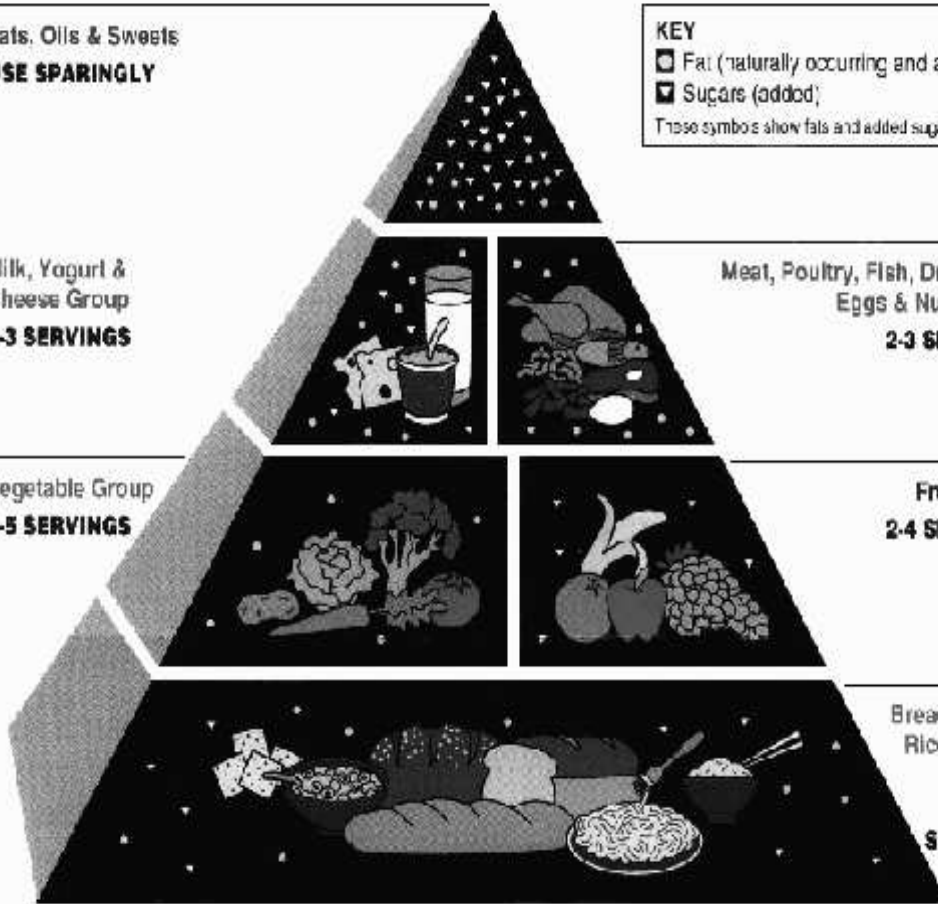
Milk, Yogurt &
Cheese Group
2-3 SERVINGS

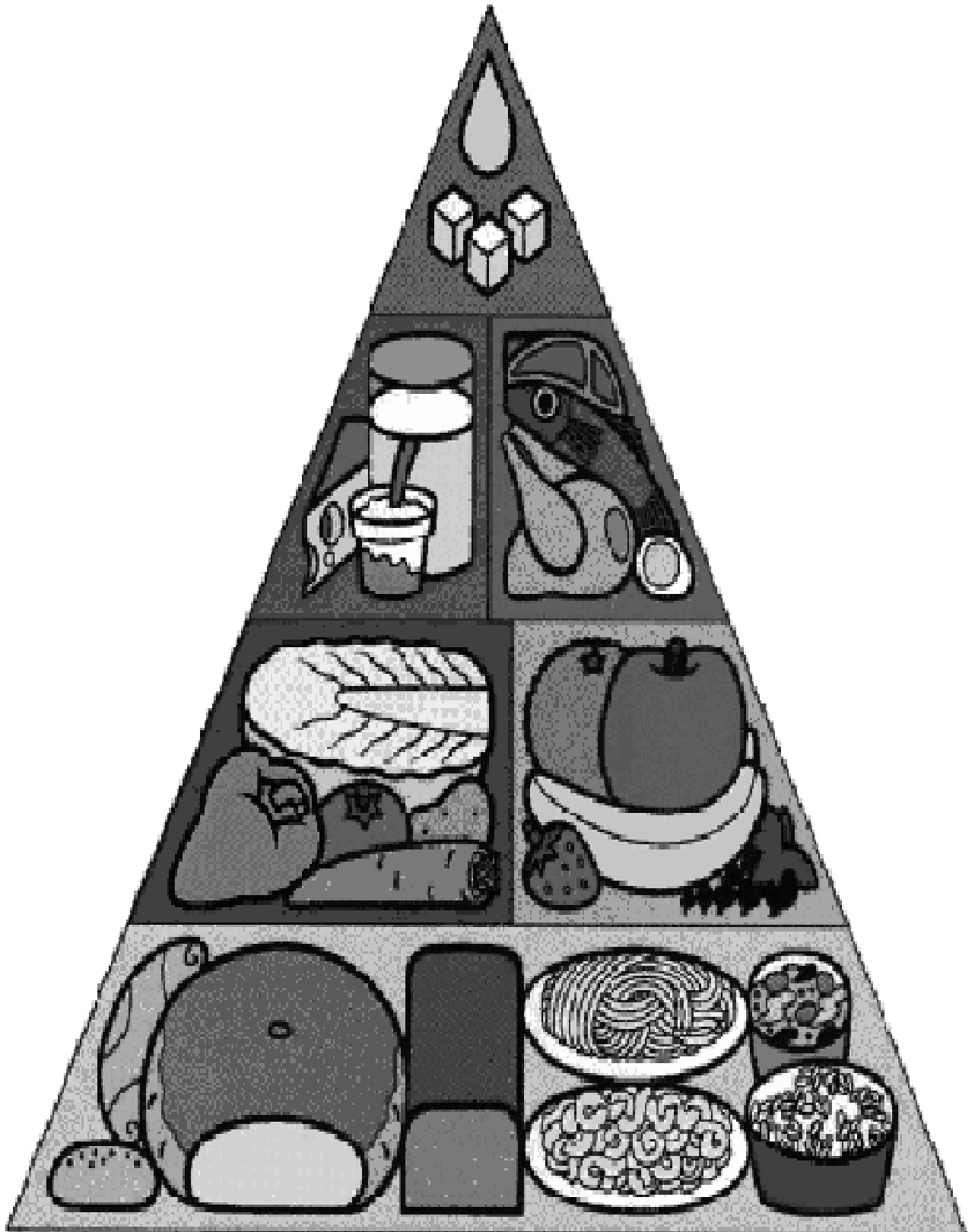
Meat, Poultry, Fish, Dry Beans,
Eggs & Nuts Group
2-3 SERVINGS

Vegetable Group
3-5 SERVINGS

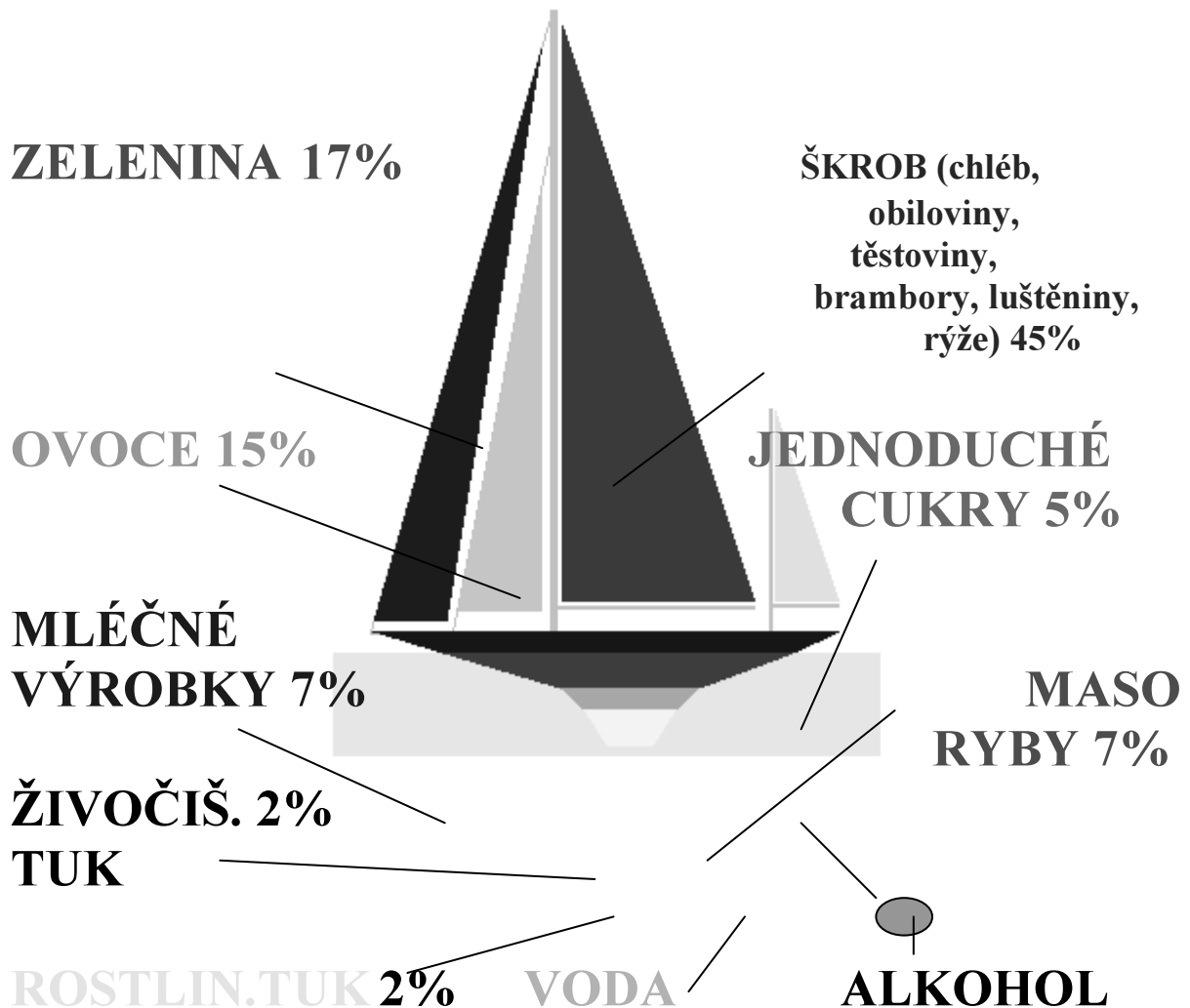
Fruit Group
2-4 SERVINGS

Bread, Cereal,
Rice & Pasta
Group
**6-11
SERVINGS**





POTRAVINOVÁ LOĎ



Plochy jednotlivých dílů lodi (plachty, trup atd.) odpovídají jednotlivým dílům potravy.

V případě správných poměrů dílů je loď vyvážená a může plout po vodě – nejcennější tekutině. Alkohol je brzda.