

The Food Pyramid for Kids

Extras: sweets and fatty snacks



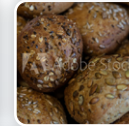
Fats and oils



Milk and dairy products, fish, meat, eggs



Grains



Vegetables, salad and fruit



Drinks



For more information on healthy nutrition, visit: www.was-wir-essen.de

The food pyramid shows you, which food you should eat daily and in what quantities. By doing this, you will automatically feed yourself in an energy-conscious, nutritious way.

The traffic light labels are a useful guide:

- **plenty** of plant-based products and drinks
- **moderate** intake of animal products
- **low** fat content and extras

6 drinks / portions

mineral water, tap water, unsweetened herbal and fruit teas, heavily diluted fruit juices

1 portion = 1 glass that fits your hand

5 portions of vegetables, salad and fruit

raw and cooked vegetables, salad, pulses as well as fresh fruit, dried fruit

1 portion = 1 handful of fruit or vegetables (e.g. apple) or two handfuls if chopped (in the case of lettuce, or small-sized (e.g. cherries)

Tip: buy fruit and vegetables that are in season!

4 portions of grains

bread, rolls, cereal (flakes), muesli as well as side dishes, such as rice, pasta and potatoes

1 portion = a finger slice of bread or 2 handfuls of side dishes or muesli

Tip: preferably wholegrain products!

Each box in the pyramid stands for a portion.

A portion size is about the size of your hand.

Tip: If one day doesn't quite go as plan, it will be balanced out during the course of a week.

3 portions of milk and dairy products

milk, yogurt, kefir, buttermilk, quark, cheese

1 Portion = 1 glass of milk, 1 slice of cheese or 1 pot of yogurt

Tip: go for low-fat options!

+ 1 Portion of fish, meat, salami/ham or egg

1 Portion = 1 palm-sized piece of meat or two slices of salami/ham or 1–2 eggs

2 Portions of fats and oils

butter, margarine, oil, cooking fat, cream, Mayonnaise

1 portion = 1½–2 tablespoons of oil, butter or margarine

Tip: use vegetable oils!

1 portion of extras

sweets and sweet drinks, biscuits, cakes, pastries, salty and fatty snacks, alcohol

1 Portion = max. 1 handful (e.g. 1 piece of cake, 1 chocolate bar or 1 glass of sweet /alcoholic drink)