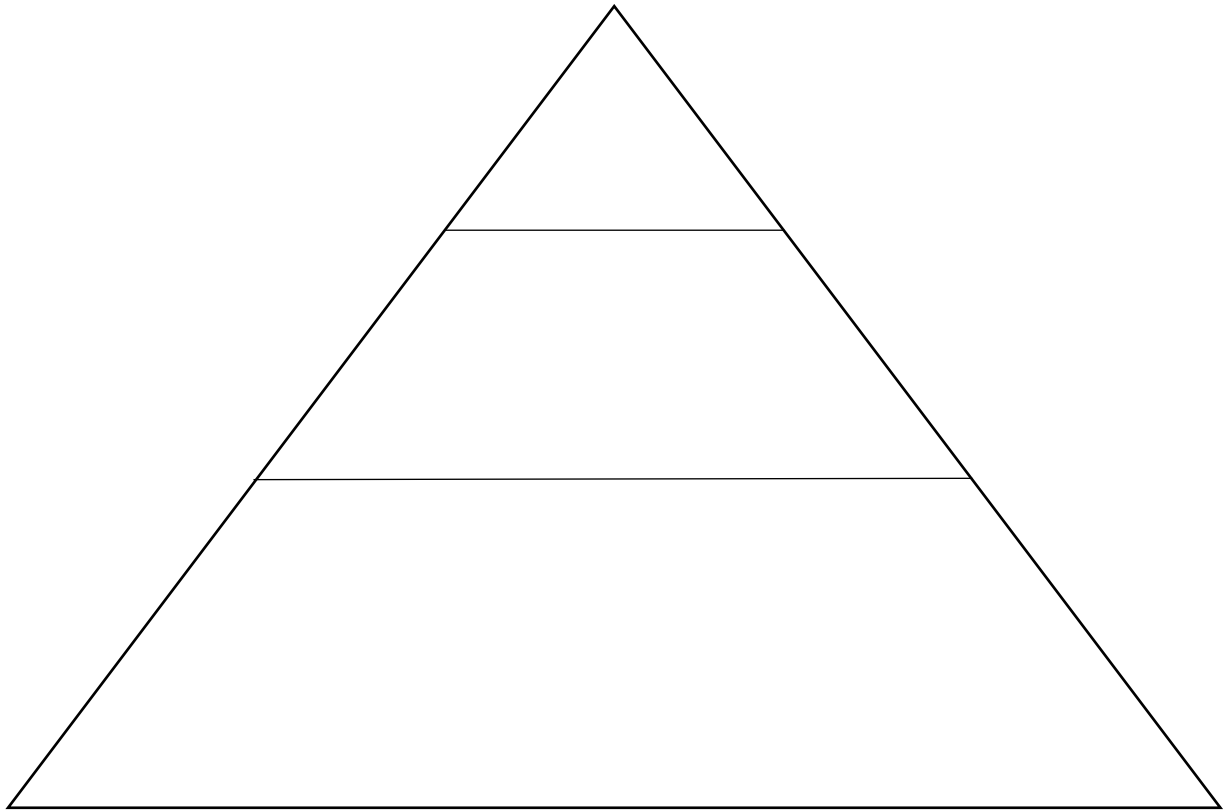


# Food Pyramid



*Please fill in foods in each layer!*

**The foundation layers** include the three plant-based food groups: **vegetables and legumes, fruits** and **grains**.

These layers make up the largest portion of the pyramid because plant foods should make up the largest portion of our diet – around 70% of what we eat!

**The middle layer** includes the **milk, yoghurt, cheese & alternatives** and the **lean meat, poultry, fish, eggs, nuts, seeds, legumes** food groups.

Foods in the **milk, yoghurt, cheese & alternatives** group primarily provide us with calcium and protein, plus other vitamins and minerals. Foods as **meat, fish, eggs, nuts, seeds, legumes** are our main sources of protein. We should aim to have a variety of meat and non-meat options from this food group.

**The top layer refers to healthy fats** because we need small amounts every day to support heart health and brain function. We should choose foods that contain healthy fats instead of foods that contain saturated fats and trans fats.