



GUIDE TO HEALTHY EATING

HOW MANY SERVINGS FROM EACH FOOD GROUP SHOULD DIFFERENT PEOPLE EAT?

Kids + young teens (5 - 13 yrs)			
Food group	Boys	Girls	Notes
Other' foods	Not too much, not too often		These foods are high in fat, sugar and salt - limit them
Fats, spreads, oils	Sparingly		Steam, boil, grill + bake food, rather than frying
Meat, Poultry, fish, alternatives	Main meal :1 Light meal: 1		Choose lean meat for iron. Give fish twice a week - oily is best ¹
Milk, yoghurt, cheese	3-5 servings		Choose milk + yogurt more often than cheese
Fruit, vegetables, salad	5 servings		At least 5 a day - vary the colours
Cereals, Breads, potatoes, pasta and rice	3 to 5 servings	3 to 4 servings	Young, small children need less than older, bigger children

Teens (14 - 18 yrs)			
Food group	Male	Female	Notes
Other foods	Not too much, not too often		These foods are high in fat, sugar and salt - limit them
Fats, spreads, oils	Sparingly		Steam, boil, grill + bake food, rather than frying
Meat, Poultry, fish, alternatives	Main meal :1 Light meal: 1 - 2	Main meal : 1 Light meal: 1	Choose lean meat for iron. Give fish twice a week - oily is best*
Milk, yoghurt, cheese	5 servings		These foods are vital for teens as half of adult bone strength is built during these years
Fruit, vegetables, salad	5 to 6 servings	5 servings	At least 5 a day - vary the colours
Cereals, Breads, potatoes, pasta and rice	5 to 7* servings	4** servings	Younger, smaller teens need less than older, bigger teens. Girls need less than boys. Less active teens need fewer servings

* 4 to 6 if sedentary

**3 to 4 if sedentary

¹ oily fish - salmon, tuna, trout, mackerel



Adults (19 - 50 yrs)			
Food group	Male	Female	Notes
Other foods	Not too much, not too often		These foods are high in fat, sugar and salt - limit them
Fats, spreads, oils	Sparingly		Steam, boil, grill + bake food, rather than frying
Meat, Poultry, fish, alternatives	Main meal :1 Light meal: 1 - 2	Main meal : 1 Light meal: 1	Choose lean meat for iron. Give fish twice a week - oily is best*
Milk, yoghurt, cheese	3-5 servings	3 servings	These foods together with vitamin D rich foods are vital for maintaining bone health
Fruit, vegetables, salad	5 to 7 servings	5 to 6 servings	At least 5 a day - vary the colours
Cereals, Breads, potatoes, pasta and rice	5 to 7* servings	4 to 5** servings	Men need more than women. Less active adults need fewer servings

*4 to 6 if sedentary *3 to 4 if sedentary

¹ oily fish - salmon, tuna, trout, mackerel

Adults (51 yrs +)			
Food group	Male	Female	Notes
Other foods	Not too much, not too often		These foods are high in fat, sugar and salt - limit them
Fats, spreads, oils	Sparingly		Steam, boil, grill + bake food, rather than frying
Meat, Poultry, fish, alternatives	Main meal :1 Light meal: 1		Choose lean meat for iron. Give fish twice a week - oily is best*
Milk, yoghurt, cheese	3 servings		These foods together with vitamin D rich foods are vital for maintaining bone health
Fruit, vegetables, salad	5 servings		At least 5 a day - vary the colours
Cereals, Breads, potatoes, pasta and rice	4 to 5* servings	3 to 4** servings	Men need more than women. Less active adults need fewer servings

*4 if sedentary **3 if sedentary

¹ oily fish - salmon, tuna, trout, mackerel

Reference: Healthy eating and active living for adults, teenagers, and children over 5 years (FSAI, DoH, HSE, Safefood 2012)

HOW MANY CALORIES WE NEED IN A DAY DEPENDS ON AGE, GENDER,
AND ACTIVITY LEVELS:

Calories needed by average ACTIVE people, per day			
Males		Females	
Boy (5 - 13 yr)	1,400 - 2,200	Girl (5 - 13 yr)	1,400 - 2,000
Teenage boy (14 - 18 yr)	2,400 - 2,800	Teenage girl (14 - 18yr)	2,000
Adult man (19 - 50 yr)	2,400 - 2,800	Adult female (19 - 50 yr)	2,000 - 2,200
Older adult man (51+ yr)	2,200 - 2,400	Older adult female (51+ yr)	1,800

Calories needed by average people who are NOT-ACTIVE (Sedentary), per day			
Males		Females	
Teenage boy (14 - 18 yr)	2,200	Teenage girl (14 - 18yr)	1,800
Adult man (19 - 50 yr)	2,000	Adult female (19 - 50 yr)	1,800
Older adult man (51+ yr)	2,000	Older adult female (51+ yr)	1,600

Reference: Healthy eating and active living for adults, teenagers, and children over 5 years (FSAI, DoH, HSE, Safefood 2012)