

Food pyramid

The food pyramid shows in visual form which foods we need more (at the bottom of the pyramid) and which we need less of (top of the pyramid). Nothing is forbidden. All foods are allowed and have their place in a healthy diet. The combination in the right proportions is what makes for a healthy and enjoyable diet.



Many factors influence our eating and drinking habits: individual needs and desires, how we feel from day to day, our social environment, foods that are currently on offer, advertising, etc. The following recommendations are for healthy adults. Other age groups or sections of the population (e.g. children, pregnant women, competitive athletes, vegetarians etc.) have specific requirements, which can only partially be represented by the same pyramid.

The food pyramid represents a balanced mixed diet, which guarantees a sufficient supply of energy and the necessary foods for nutrition and immune system protection. It is an essential contribution to our well-being. You should eat foods in the lower levels of the pyramid in larger quantities, those in the higher in small amounts. All foods are allowed. It is important that the selection from the individual pyramid levels be as varied as possible and preferably according to what is in season, and also that the food be prepared and served with care.

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Fluids:

Plenty of them, throughout the day.

All drinks have one thing in common: they provide the body with fluid, i.e. water. This is vital, as more than half the human body consists of water and water is essential to maintain all the processes of life.

You should drink 1 - 2 litres of fluid a day, preferably in the form of unsugared drinks, e.g. drinking water or mineral water, fruit or herb teas. Drinks containing caffeine (coffee, black tea, green tea) should be enjoyed sparingly.



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Vegetables and fruit:

5 a day in different colours.

Vegetables and fruit contain many vitamins, minerals, dietary fibre and valuable secondary metabolites. Fresh and deep-frozen vegetables and fruit tend to be the richest in nutrients. But carefully cooked, dried or otherwise preserved fruit and vegetables are valuable foods and will help you to achieve your "5 a day." The more colours you choose for your daily selection of fruit and vegetables, the more your health will benefit.



- Eat 3 portions of vegetables a day, at least one of them raw (1 portion = a minimum of 120 g vegetables as a side dish, salad or soup).
- Eat 2 portions of fruit a day. 1 portion corresponds to at least 120 g, in other words a handful.
- One portion of fruit or vegetables a day can be replaced by 2 dl of unsugared fruit or vegetable juice.

**Whole grain products and pulses:
With every main meal.**

Cereals, pulses and potatoes contain plenty of starch, which provides the body with easily available energy. Whole grain products are also rich in valuable vitamins, minerals, secondary metabolites and dietary fibre.



Eat a side dish of foods containing starch with every main meal (i.e. 3 portions a day). If possible, 2 portions should be whole grain products.

1 portion corresponds to:

- 75 - 125 g Bread
- 60 - 100 g Pulses (raw weight) such as lentils/chickpeas
- 180 - 300 g Potatoes
- 45 - 75 g Cereal flakes, pasta, maize, rice and other grains (raw weight)

**Milk & milk products:
Every day in sufficient quantity.**

Milk and milk products are rich in protein and calcium. Both are important building blocks for the body: calcium is particularly important for bones and teeth.



Consume 3 portions of milk or milk products a day; preferably reduced-fat varieties.

1 portion corresponds to:

- 2 dl Milk
- 150 - 180 g Yoghurt
- 200 g Skimmed-milk soft cheese or cottage cheese
- 30 - 60 g Cheese



**Meat, fish and eggs:
Every day in sufficient quantity.**

Meat, fish, eggs, cheese, tofu and quorn are rich in protein, which mainly serves as a building block within the body. Meat, fish and eggs also provide the body with very valuable iron, vital for transporting oxygen.



Eat 1 portion of meat, fish, eggs, cheese or other protein sources such as tofu or quorn a day, varying the sources of protein.

1 portion corresponds to:

100 - 120 g	Meat or fish (fresh weight)
2 - 3	Eggs
200 g	Skimmed milk soft cheese or cottage cheese
60 g	Hard cheese
100 - 120 g	Tofu or quorn

**Oils, fats & nuts:
Daily in small quantities.**

High quality oils, fats and nuts provide valuable omega-3 fatty acids, vital vitamin E and some also provide secondary metabolites. They should be on your daily menu, though deep-fried and breadcrumb-coated dishes should be an exception.



- Use 2 - 3 coffee spoons (10 - 15 g) per day of high quality vegetable oil such as rapeseed or olive oil for cold meals (e.g. for salad dressings).
- Use 2 - 3 coffee spoons (10 - 15 g) per day of vegetable oils such as olive oil for cooking food.
- If required use 2 coffee spoons (10 g) per day of spread (butter or margarine from high-quality oils) on bread.
- Daily consumption of 1 portion of nuts is recommended. 1 portion corresponds to 20 - 30 g of almonds, walnuts or hazelnuts etc.



**Sweets, salty snacks & energy-rich drinks:
Enjoy in small quantities.**

Sweets, salty snack foods and drinks containing sugar or alcohol provide the body with almost no valuable nutrients, but mainly with "empty" calories from sugar, fat or alcohol.



- Enjoy sweets, salty snacks and sugared drinks (e.g. soft drinks, iced tea, energy drinks) in small quantities.
- If consuming alcoholic drinks, do so sparingly and with meals.
- Use iodised and fluoridated table salt and add salt with restraint.