

Healthy Food Pyramid

Eat Your
Greens



The Healthy Eating Pyramid, which helps you to make healthy food choices that will fit in with your individual lifestyle and daily eating plan. A few simple changes can make a big difference to your daily food choices and start you on the right foot.

Use oils, fats and sweets sparingly and ensure you eat your recommended daily intake of dairy such as milk and cheese and total proteins such as meat, fish, dry beans and eggs along with recommended amounts of fruits, vegetables and cereals.

You should always consult a health professional before making changes to your diet as everyone's needs are different.



pilbara health