## A BALANCED DIET <br> PIE CHART



## Bread and cereals <br> $\square$ Fruits and vegetables <br> Meat, fish and alternatives <br> Fats and sweets <br> $\square$ Dairy products

Bread and cereals $6-11$ servings (33\%)
Vegetables 3-5 servings and Fruit 2-4 servings (33\%)
Diary products 2-4 servings (14\%)
Meat, fish and alternatives 2-3 servings (12\%)
Fat and sweets, sparingly (8\%)

