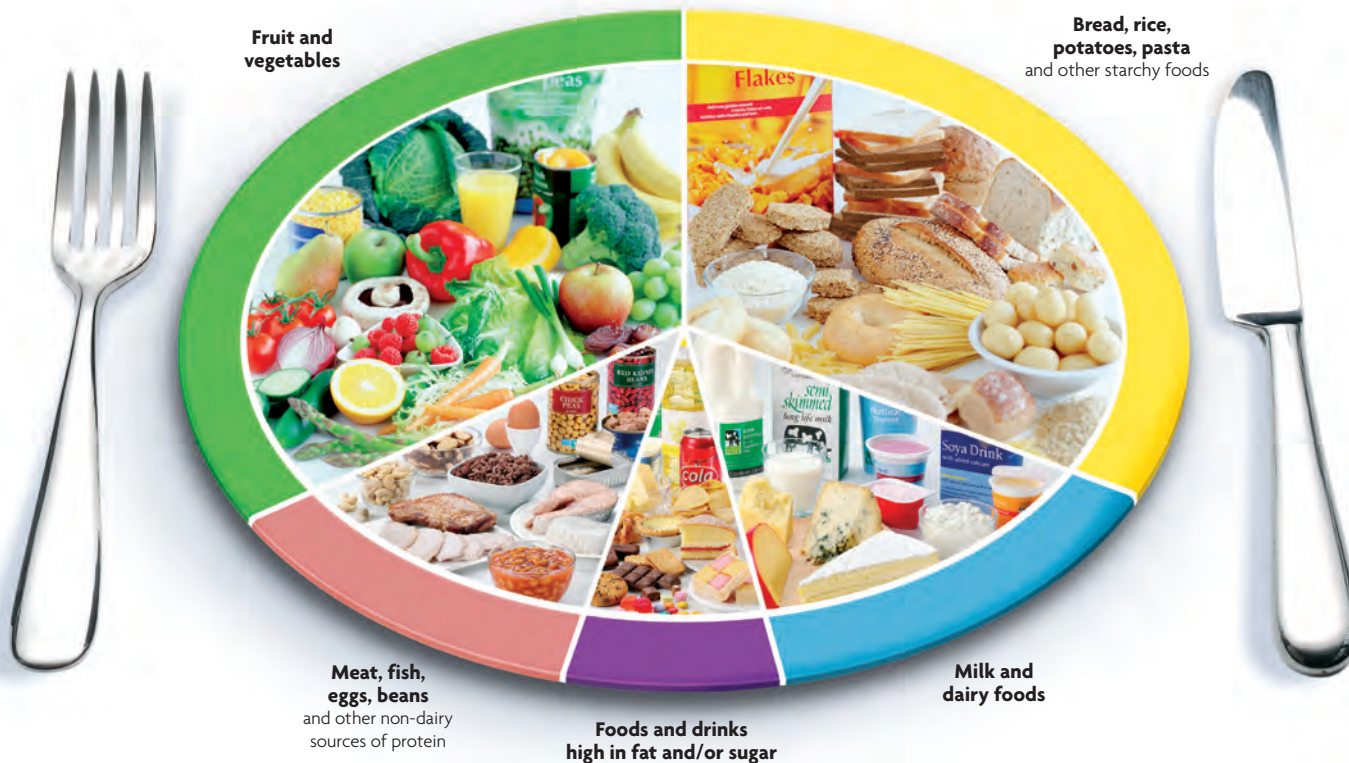


The eatwell plate



Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Fruit and vegetables

Bread, rice, potatoes, pasta and other starchy foods

Meat, fish, eggs, beans and other non-dairy sources of protein

Foods and drinks high in fat and/or sugar

Milk and dairy foods

The **eatwell plate** shows how much of what you eat should come from each food group. This includes everything you eat, including snacks.

So, try to eat:

- ▶ plenty of fruit and vegetables
- ▶ plenty of bread, rice, potatoes, pasta and other starchy foods – choose wholegrain varieties when you can
- ▶ some milk and dairy foods
- ▶ some meat, fish, eggs, beans and other non-dairy sources of protein
- ▶ just a small amount of foods and drinks high in fat and/or sugar

Try to choose options that are lower in fat, saturated fat, salt and sugars when you can.

For more information on eating a healthy diet, visit: **eatwell.gov.uk**