

# 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

Eat at least 5 portions of fruit and vegetables a day. Fresh, frozen, tinned and juices (once a day) all count. Try to eat a variety.

## Bread, rice, potatoes and pasta and other starchy foods

Base your meals on starchy carbohydrates; choose wholegrain varieties when you can.

## Meat, fish, eggs and beans

Eat moderate amounts\* and choose low fat alternatives when possible. Beans and pulses are a good source of protein so can be used as an alternative to meat. They also count towards your 5 a day!

## Foods high in fat and/or sugar

Limit these foods as much as possible

## Milk and Dairy Products

Include 2 -3 portions\* of these foods a day; choose low fat versions.

