

# Eatwell Guide

The Eatwell guide, developed by Public Health England, shows the proportions in which different groups of foods are needed in order to have a well-balanced and healthy diet.

## Fruit and Vegetables

Fruit and vegetables should make up just over a third of the food we eat each day. Aim to eat at least five portions of a variety of fruit and vegetables each day. Choose from fresh, frozen, canned, dried or juiced



## Potatoes, bread, rice, pasta and other starchy carbohydrates

Starchy food should make up just over a third of the food we eat. Choose higher-fibre, wholegrain varieties when you can by purchasing wholewheat pasta, brown rice, or simply leaving the skins on potatoes.

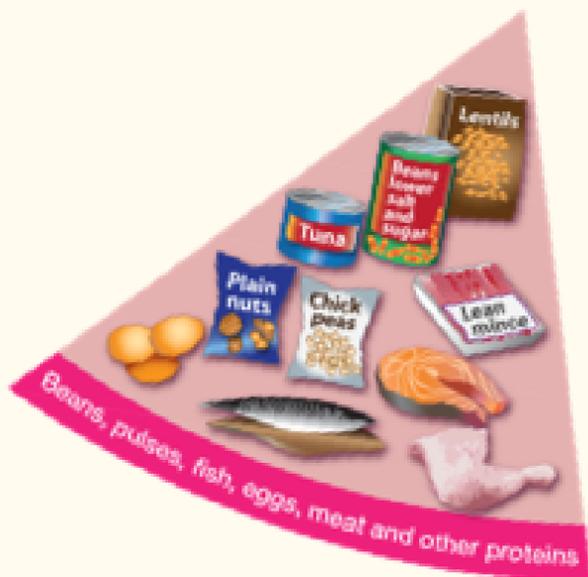
## Dairy and Alternatives

Try to have some milk and dairy food (or dairy alternatives) such as cheese, yoghurt and fromage frais. These are good sources of protein and vitamins, and they're also an important source of calcium, which helps to keep our bones strong. Some dairy food can be high in fat and saturated fat, but there are plenty of lower-fat options to choose from. Go for lower fat and lower sugar products where possible.



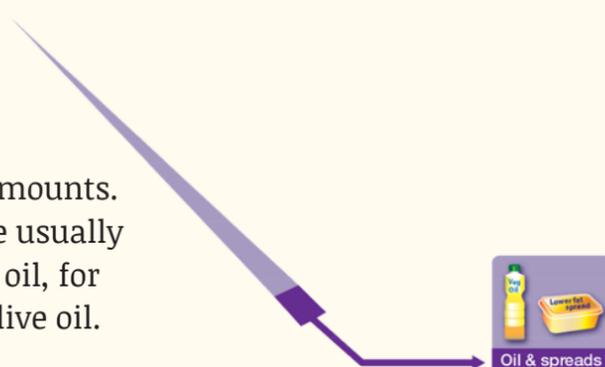
## Beans, pulses, fish, eggs, meat and other proteins

These foods are sources of protein, vitamins and minerals, so it is important to eat some foods from this group. Beans, peas and lentils (which are all types of pulses, sometimes called 'legumes') are good alternatives to meat because they're naturally very low in fat, and they're high in fibre, protein and vitamins and minerals. Other vegetable-based sources of protein include tofu, and bean curd. Aim for at least two portions (2 x 140g) of fish a week, including a portion of oily fish.



## Oils and spreads

Choose unsaturated oils and use in small amounts. Unsaturated fats are healthier fats that are usually from plant sources and in liquid form as oil, for example vegetable oil, rapeseed oil and olive oil.



## Foods high in fat, salt and sugars

We do not need these foods to stay healthy. Eat less often and in small amounts. Lastly Drink 6-8 glass of fluid a day. limit fruit juice and smoothies to a total of 150ml a day.