



The Eatwell Guide

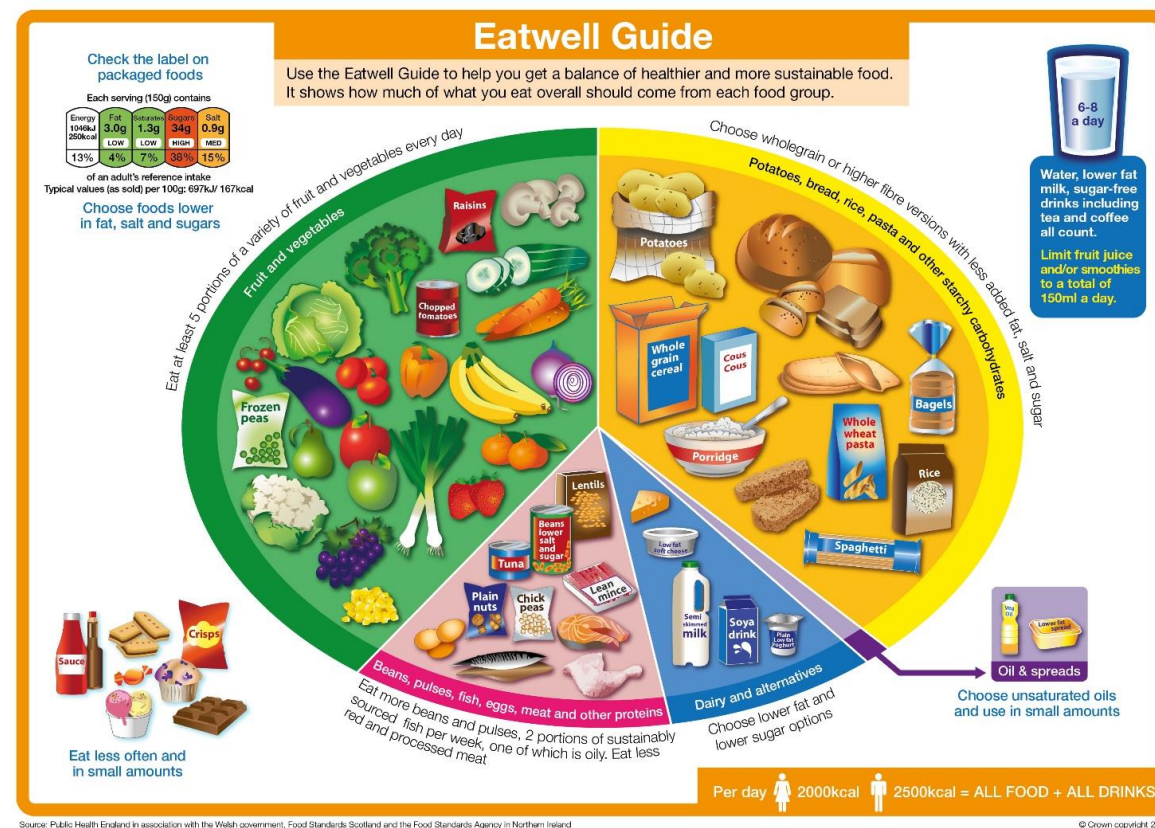
The Eatwell Guide

What can you see?

This is the Eatwell Guide.

It shows the proportions and types of food that should be eaten.

It has 5 main food groups.



Fruit and vegetables

What food can you see here?

How much do you need to eat from this food group?

Eat at least five portions every day.



Potatoes, bread, rice, pasta and other starchy carbohydrates

What food can you see here?

How much do you need to eat from this food group?

Eat a food from this group at every meal time.

Try wholegrain varieties.



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

What food can you see here?

How much do you need to eat from this food group?

Eat some foods from this group every day,
e.g. beans on toast or spaghetti Bolognese.



Dairy and alternatives

What food can you see here?

How much do you need to eat from this food group?

Have some of these
foods every day,
e.g. a pot of yogurt and a cheese
sandwich.



Oil and spreads

What food can you see here?

How much do you need to eat from this food group?

Eat in small amounts



Choose unsaturated oils and use in small amounts

Drinks

How many drinks do you need each day?

What drinks are healthier choices?

Water and lower fat
milk are healthier
drink choices!

You can have 150ml of juice or
smoothie a day.



Foods high in fat, salt and sugars

What food can you see here?

Do you need this type of food to be healthy?

You do not need this type of food to be healthy. If eaten, have less often and in small amounts.

