

the Eatwell Guide

In order to achieve a healthy, balanced diet, the Eatwell Guide from the NHS recommends the following for adults and children over two years of age:



Eat at least five portions of a variety of fruit and vegetables every day.



Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates, choosing wholegrain versions where possible.



Have some dairy or dairy alternatives (such as soya), choosing lower fat and lower sugar options where possible.



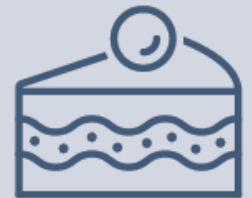
Eat some beans, pulses, fish, eggs, meat and other proteins (including two portions of fish every week, one of which should be oily).



Choose unsaturated oils and spreads and eat in small amounts.



Drink six to eight glasses of fluid a day.



If consuming foods and drinks high in fat, salt or sugar, have these less often and in small amounts.