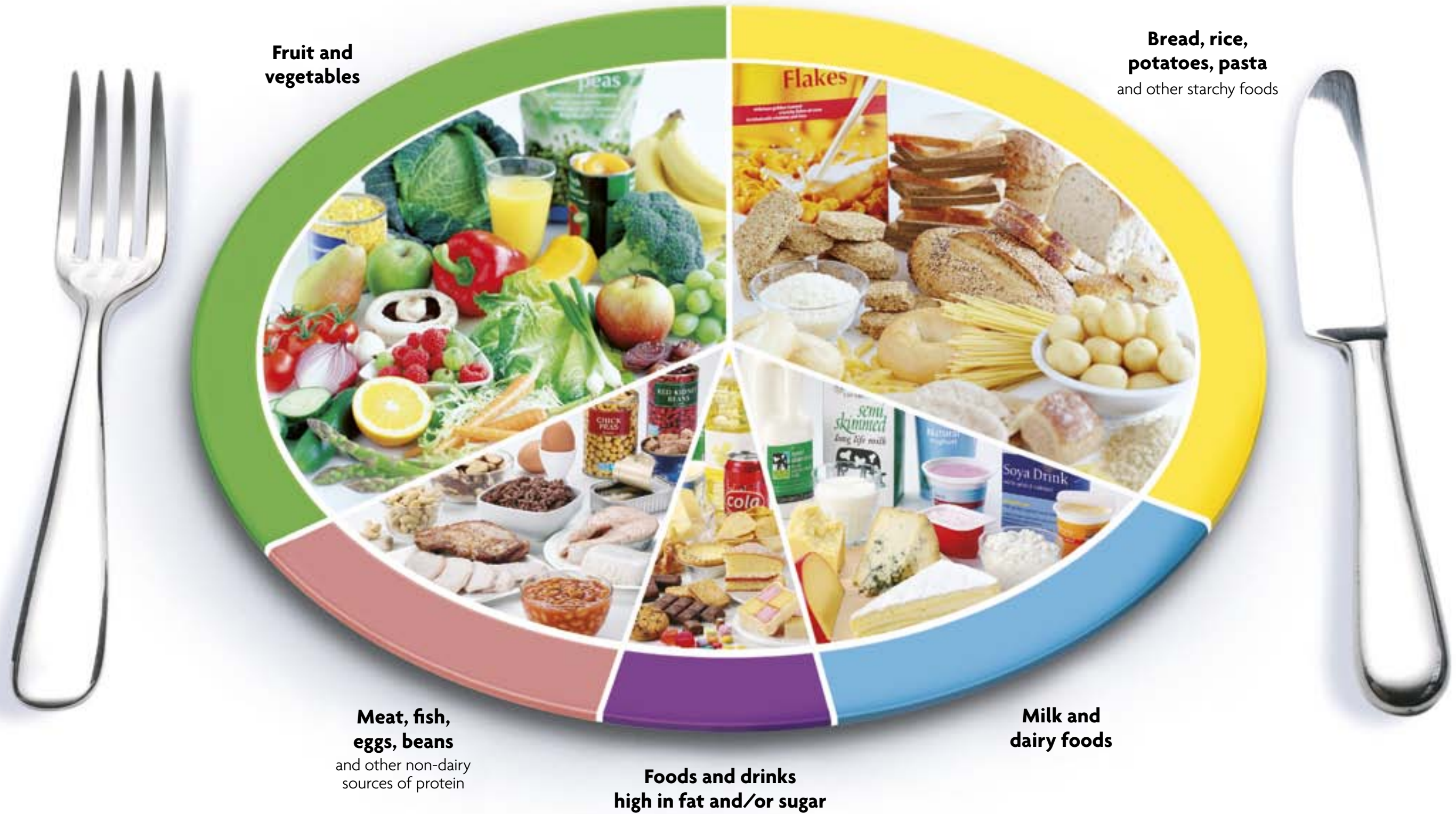


The eatwell plate

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