

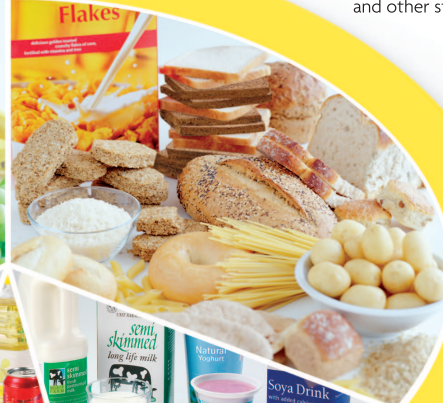
# The eatwell plate

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**



The **eatwell plate** shows how much of what you eat should come from each food group. This includes everything you eat during the day, including snacks.

So, try to eat:

- ▶ plenty of fruit and vegetables
- ▶ plenty of bread, rice, potatoes, pasta and other starchy foods – choose wholegrain varieties when you can
- ▶ some milk and dairy foods
- ▶ some meat, fish, eggs, beans and other non-dairy sources of protein
- ▶ just a small amount of foods and drinks high in fat and/or sugar

Look at the eatwell plate to see how much of a whole day's food should come from each food group and try to match this in your own diet.

Try to choose options that are lower in fat, salt and sugar when you can.

For more information on eating a healthy diet, visit: [eatwell.gov.uk](https://www.eatwell.gov.uk)