

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 & other
non-dairy protein**

**Food & drinks high
in fat and/or sugar**

**Milk and dairy
foods**

