



The Eatwell Guide

The Eatwell Guide is designed to make healthy eating easier. Eat foods from each group on The Eatwell Guide in the correct amounts each day. This way, you'll get the balance of energy and nutrients you need for good health.

Foods that are like each other sit together in the same group and can be swapped. So if your children aren't great potato eaters, don't worry – offer them rice or pasta instead. Plenty of variety is the key to getting the balance right!

You don't have to get the balance right at every meal, but try to get it right over a whole day or the week. Go for options that are lower in fat, salt and sugar whenever you can.

So in a nutshell, the whole family should try to:

- eat at least five portions of a variety of **fruit and vegetables** every day
- base meals on **potatoes, bread, rice, pasta and other starchy carbohydrates** – choosing wholegrain versions where possible
- have some **dairy or dairy alternatives** (such as soya drinks) - choosing lower fat and lower sugar options
- 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 - eight cups / glasses of fluid a day