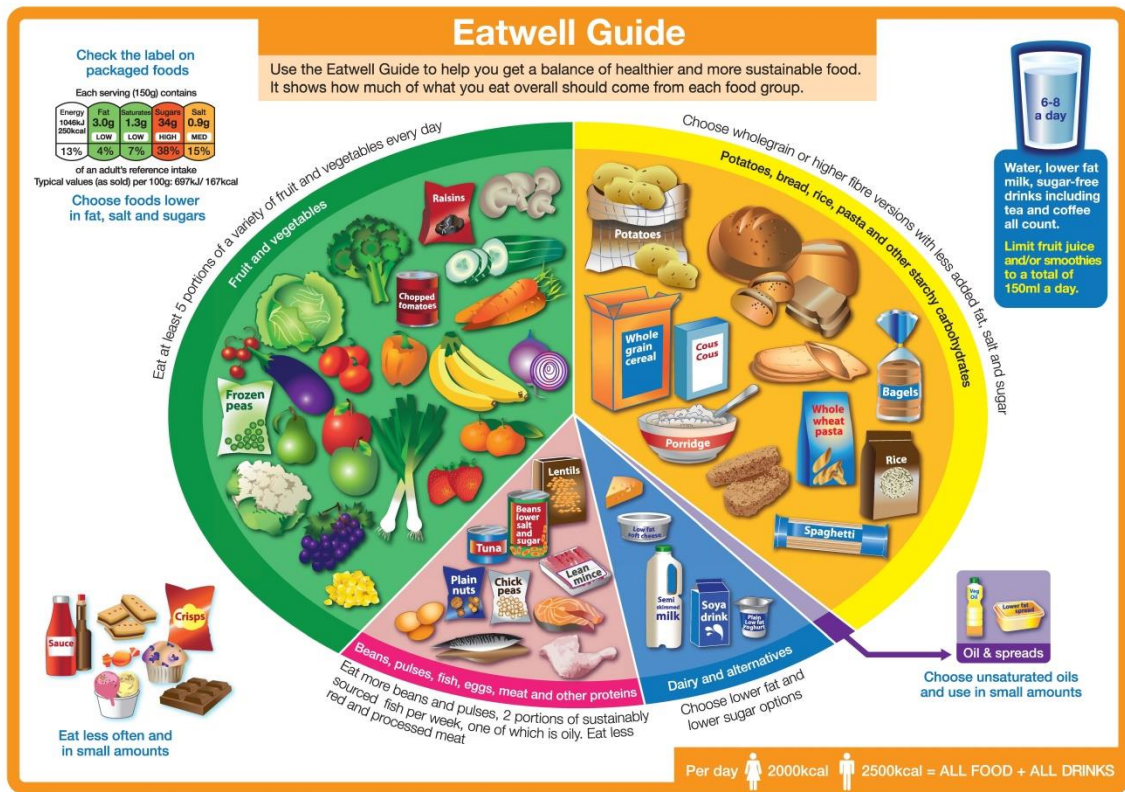


Diet



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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The Eatwell Guide is based on the main food groups that together provide a healthy diet.

These food groups include:

- potatoes, bread, rice, pasta and other starchy carbohydrates
- fruit and vegetables
- dairy and alternatives
- beans, pulses, fish, eggs, meat and other proteins
- oils and spreads
- drink 6-8 cups / glasses of fluid each day

If food and drinks that are high in fat, sugar and salt are consumed, have these less often and in small amounts.