

The Eatwell Guide



Fruit and vegetables

Eat five portions of fruit and vegetables a day. You can eat them raw or cooked, as fresh or frozen. You can also eat them as a drink, such as fruit smoothies. You can also eat them as a snack, such as fruit and vegetables with hummus. You can also eat them as part of a meal, such as a salad or a vegetable stir-fry.



Potatoes, bread, rice, pasta and other starchy carbohydrates

Choose wholegrain versions of these foods where possible. These are healthier and more filling. You can also eat them as a snack, such as a banana or a slice of bread with jam. You can also eat them as part of a meal, such as a salad or a vegetable stir-fry.



Dairy and alternatives

Choose low-fat versions of these foods where possible. These are healthier and more filling. You can also eat them as a snack, such as a banana or a slice of bread with jam. You can also eat them as part of a meal, such as a salad or a vegetable stir-fry.



Beans, pulses, fish, eggs, meat and other proteins

Choose lean versions of these foods where possible. These are healthier and more filling. You can also eat them as a snack, such as a banana or a slice of bread with jam. You can also eat them as part of a meal, such as a salad or a vegetable stir-fry.



Oils and fats

Choose healthy fats, such as those found in olive oil, rapeseed oil, and avocado. These are healthier and more filling. You can also eat them as a snack, such as a banana or a slice of bread with jam. You can also eat them as part of a meal, such as a salad or a vegetable stir-fry.



Food high in fat, salt and sugars

These foods are not essential for a healthy diet. They are often high in calories and can lead to weight gain. You can eat them occasionally, but it's best to limit them. You can also eat them as a snack, such as a banana or a slice of bread with jam. You can also eat them as part of a meal, such as a salad or a vegetable stir-fry.



Drinks

Choose water as your main drink. It's healthy and filling. You can also eat them as a snack, such as a banana or a slice of bread with jam. You can also eat them as part of a meal, such as a salad or a vegetable stir-fry.



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