

The Eatwell Guide



Fruit and vegetables

Eat five portions of fruit and vegetables a day. You can eat them as part of a meal, as a snack, or as a drink. They are good for you and can help you stay healthy. They also contain vitamins and minerals that are good for you.



Potatoes, bread, rice, pasta and other starchy carbohydrates

These foods are good for you and can help you stay healthy. They are also good for your energy. Eat them as part of a meal or as a snack. They are also good for your digestion.



Dairy and alternatives

These foods are good for you and can help you stay healthy. They are also good for your bones. Eat them as part of a meal or as a snack. They are also good for your digestion.



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

These foods are good for you and can help you stay healthy. They are also good for your muscles. Eat them as part of a meal or as a snack. They are also good for your digestion.



Oil and fats

These foods are good for you and can help you stay healthy. They are also good for your energy. Eat them as part of a meal or as a snack. They are also good for your digestion.



Food high in fat, salt and sugars

These foods are good for you and can help you stay healthy. They are also good for your energy. Eat them as part of a meal or as a snack. They are also good for your digestion.



Drinks

These foods are good for you and can help you stay healthy. They are also good for your energy. Eat them as part of a meal or as a snack. They are also good for your digestion.



Healthy Eating Guide Uk

SJ Ball



Healthy Eating Guide Uk:

Unveiling the Magic of Words: A Overview of "**Healthy Eating Guide Uk**"

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web calendarios semanales imprimibles de canva hay días en los que no puedes mantener la cabeza en su sitio con un montón de tareas a mano o encontrar la motivación para trabajar en alguna de ellas no te preocupes