

The Eatwell Guide



Fruit and vegetables

Eat five portions of fruit and vegetables a day. You can get most of the nutrients you need from a diet rich in fruit and vegetables. They contain vitamins, minerals, and fibre. Some also contain antioxidants, which can help protect your cells from damage. They also contain fibre, which can help you feel full and keep your digestive system healthy.



Potatoes, bread, rice, pasta and other starchy carbohydrates

Starchy carbohydrates are an important part of a healthy diet. They provide energy and fibre. They also contain vitamins and minerals. It's important to eat them regularly. They can help you feel full and keep your digestive system healthy. They also contain fibre, which can help you feel full and keep your digestive system healthy.



Dairy and alternatives

Milk, cheese, and yogurt are good sources of calcium and protein. They also contain vitamins and minerals. It's important to eat them regularly. They can help you feel full and keep your digestive system healthy. They also contain fibre, which can help you feel full and keep your digestive system healthy.



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

Protein is an essential part of a healthy diet. It helps build and repair your body. It also contains vitamins and minerals. It's important to eat protein regularly. It can help you feel full and keep your digestive system healthy. It also contains fibre, which can help you feel full and keep your digestive system healthy.



Oil and snacks

Oil and snacks are a source of energy. They also contain vitamins and minerals. It's important to eat them in moderation. They can help you feel full and keep your digestive system healthy. They also contain fibre, which can help you feel full and keep your digestive system healthy.



Food high in fat, salt and sugars

These foods are high in calories and can lead to weight gain. They also contain a lot of fat, salt, and sugar. It's important to eat them in moderation. They can help you feel full and keep your digestive system healthy. They also contain fibre, which can help you feel full and keep your digestive system healthy.



Drinks

Drink plenty of water. It's important to stay hydrated. Water helps your body function properly. It also contains vitamins and minerals. It's important to eat them regularly. It can help you feel full and keep your digestive system healthy. It also contains fibre, which can help you feel full and keep your digestive system healthy.



Healthy Eating Guide Uk

J Dewey



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In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Healthy Eating Guide Uk**," an enthralling opus penned by a very acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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