

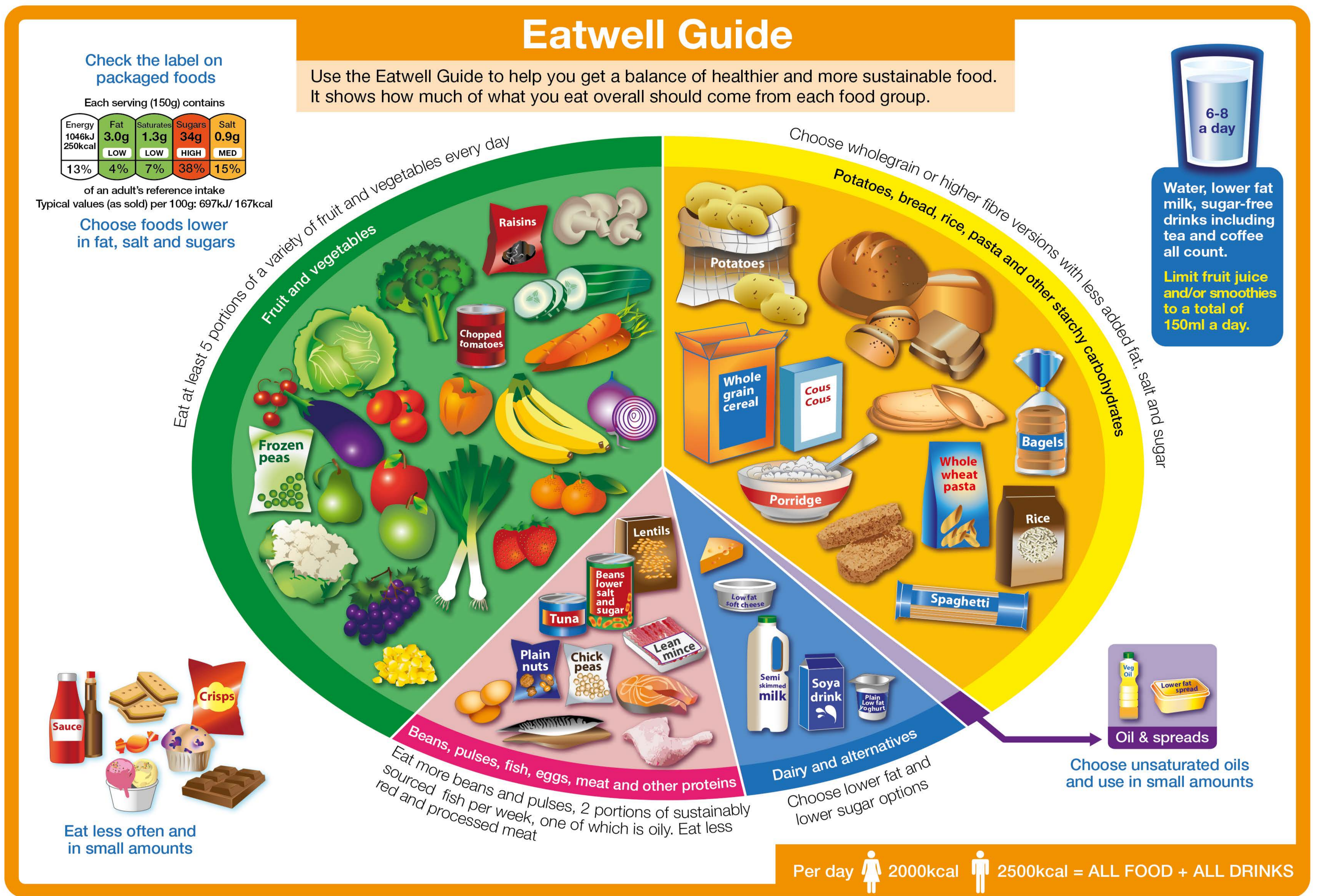


**Making life better,
together**

Belfast Strategic Partnership



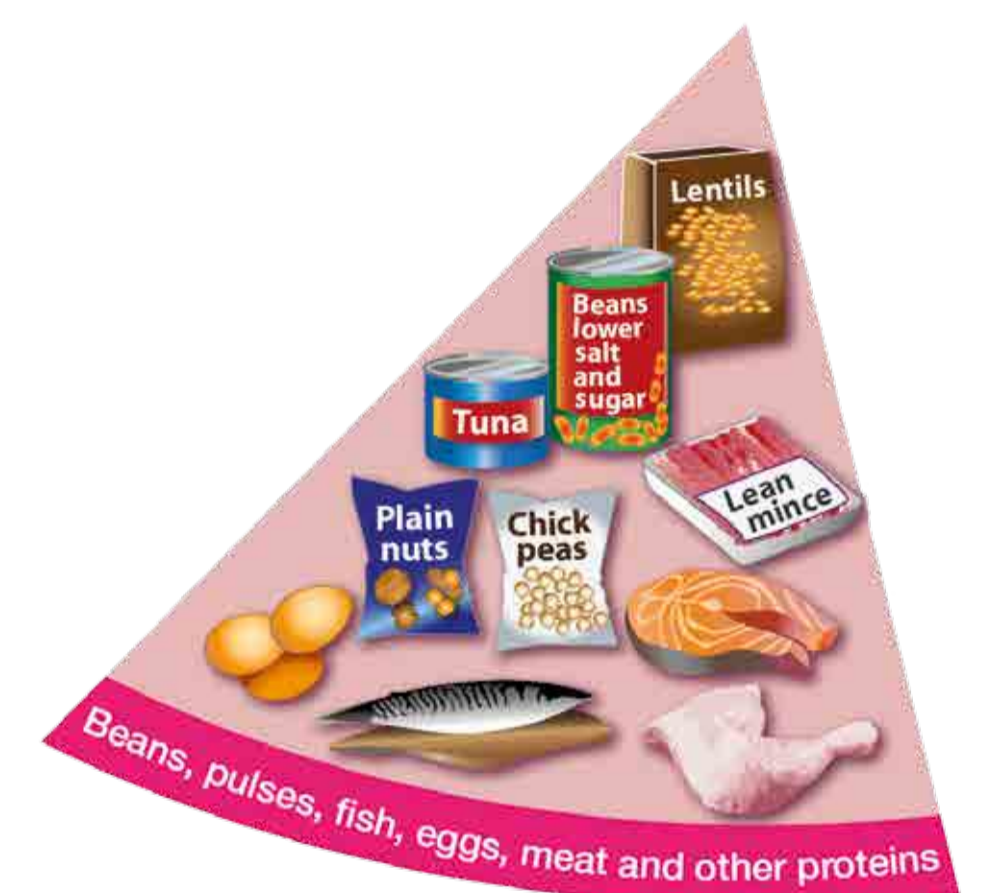
The Eatwell Guide



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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- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or 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 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- If consuming foods and drinks high in fat, salt or sugar, have these less often and in small amounts
- Drink 6-8 cups/glasses of fluid per day.



www.makinglifebettertogether.com