

EATWELL PLATE

FRUIT & VEGETABLES

To have a healthier diet, 5 a day of these items should be consumed within meals. These can include frozen and canned vegetables, dried and pure juices as well as fresh. For general good health it is good to have a wide variety of these items for the five different portions a day. A portion is approximately 80g (one medium apple)

BREAD, RICE, POTATOES & PASTA

Again, to keep to a healthy diet, 5 portions a day of these items should be consumed as well. They include breakfast cereals, pasta, rice, noodles and potatoes. A good aim would be to eat one of the above foods with each meal.



FOOD & DRINKS HIGH IN FAT &/OR SUGAR

MEAT, FISH, EGGS & BEANS

2-3 servings a day are recommended with this group, these include eggs, poultry along with meat and fish products.

MILK & DAIRY FOODS

2-3 servings a day is the recommended amount for a healthy eating level. Milk, cheese and yoghurt are included in this.