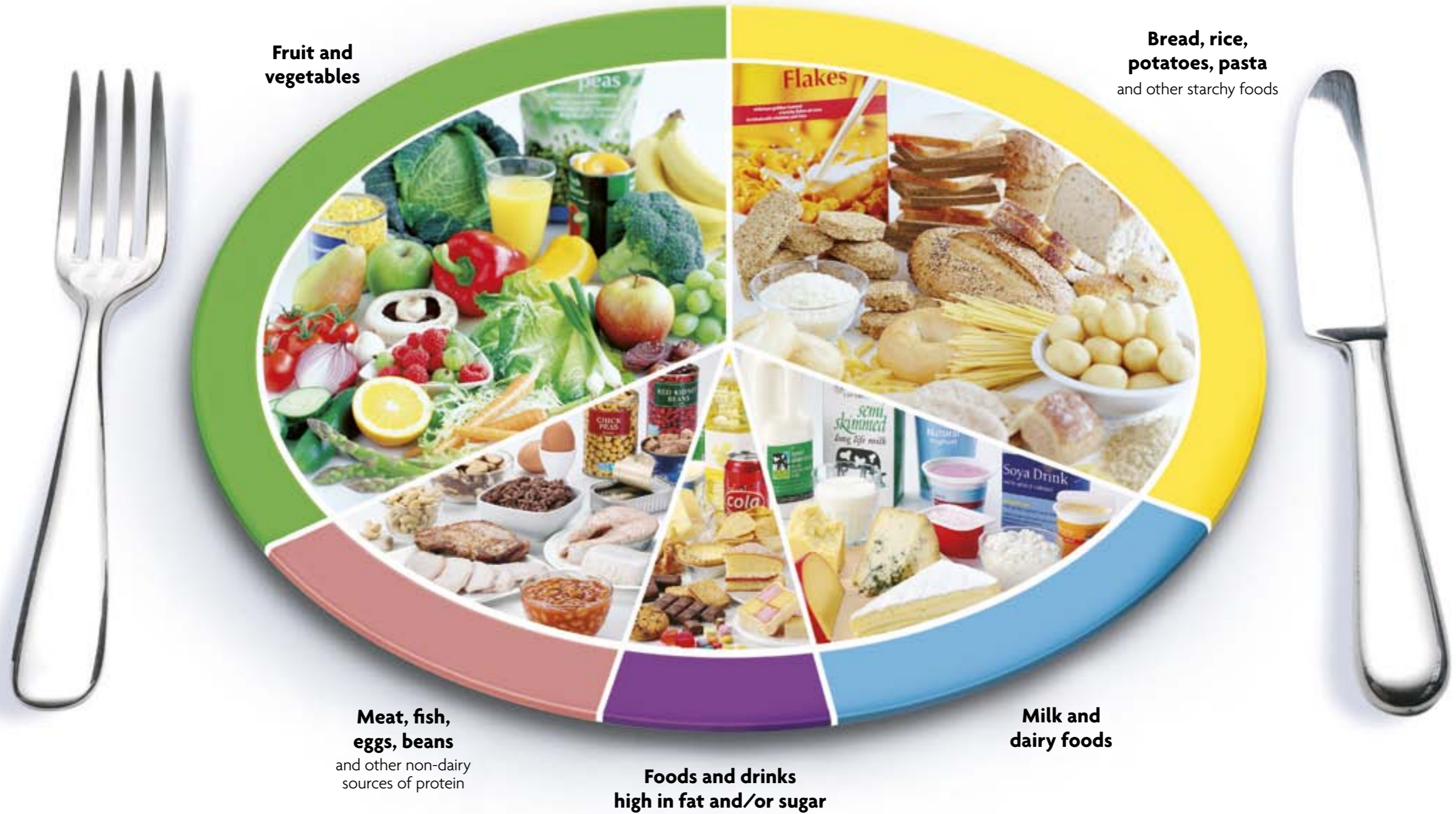


# The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



**Fruit and vegetables**

**Bread, rice, potatoes, pasta**  
and other starchy foods

**Meat, fish, eggs, beans**  
and other non-dairy sources of protein

**Foods and drinks high in fat and/or sugar**

**Milk and dairy foods**