

# 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**