

**Swap
WHEN YOU
Cook**

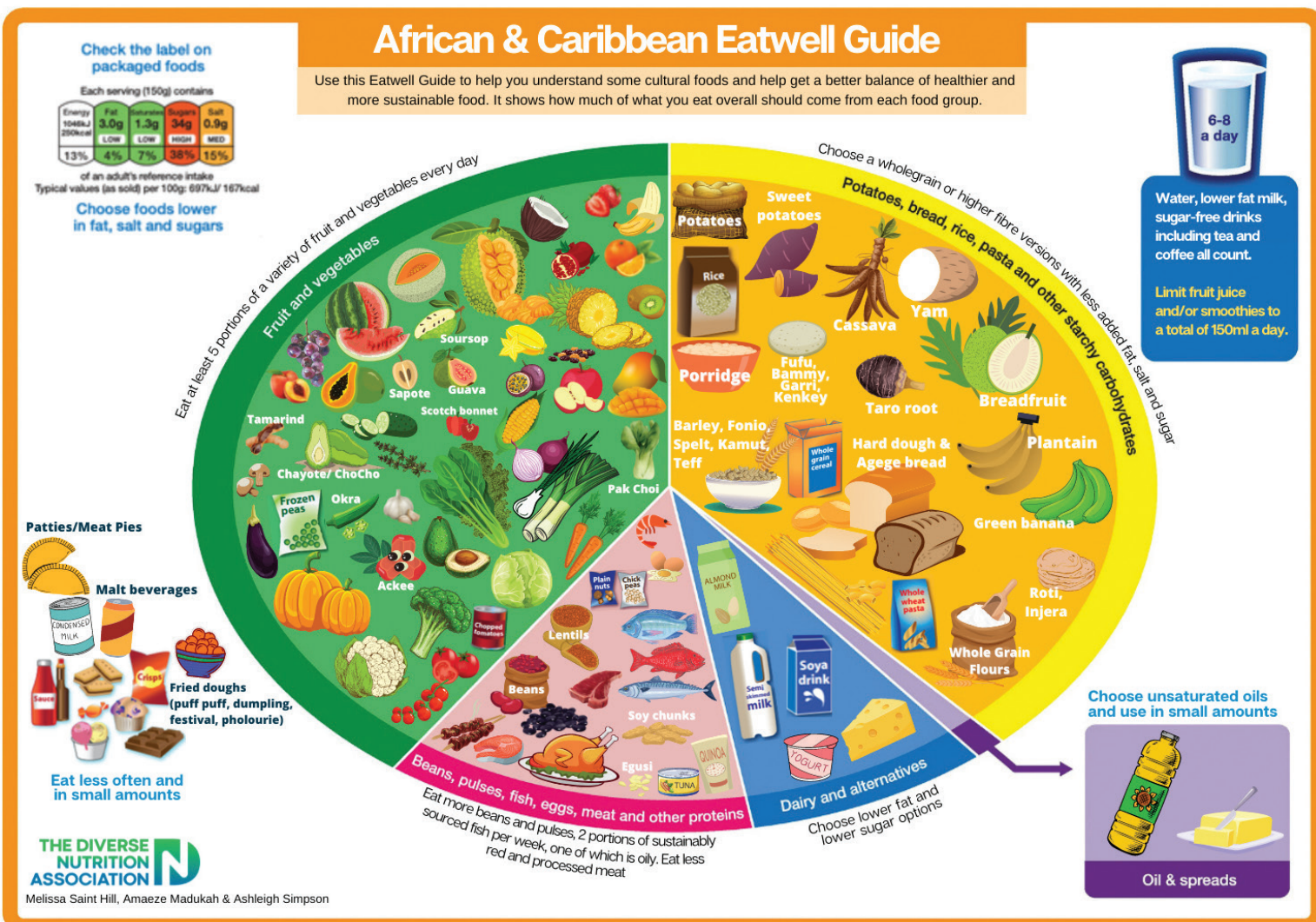
**Swap
WHEN YOU
Shop**

**Swap
WHEN YOU
Snack**



Eating Well: Food Groups

African and Caribbean 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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The Eatwell Guide shows the proportions of the main food groups that form a healthy, balanced diet:

- 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; use 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
- Drink 6-8 cups/glasses of fluid a day
- If eating foods and drinks high in fat, salt or sugar have these less often and in small amounts.

mylivingwell.co.uk

Good for your body - Good for your mind



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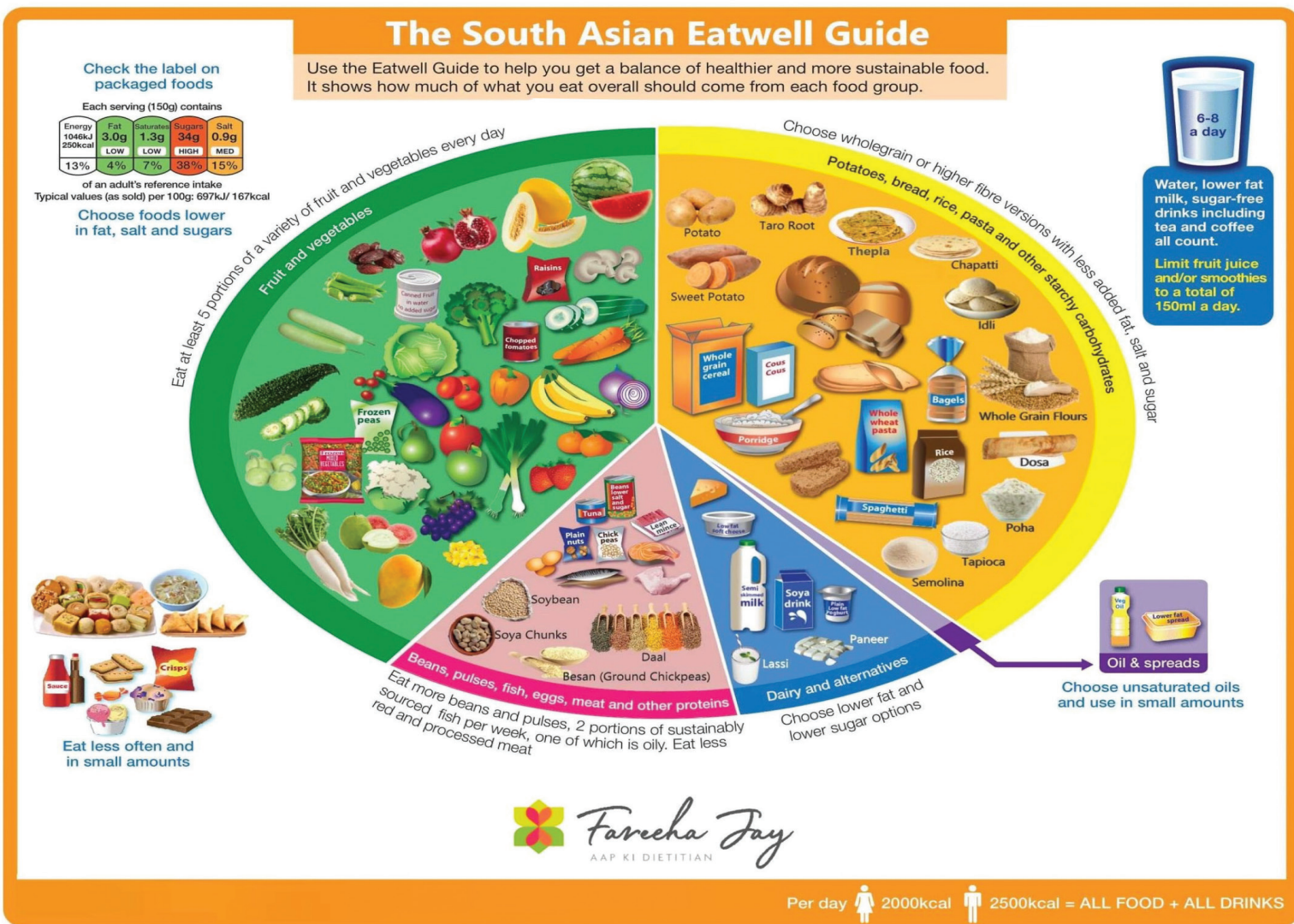
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Eating Well: Food Groups

South Asian 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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