

## Malt beverages Fried doughs Choose unsaturated oils (puff puff, dumpling and use in small amounts festival, pholourie) Dairy and altern Eat less often and in small amounts Choose lower fat and lower sugar options Eat more beans and pulses, 2 portions of sustainably sourced fish non-transfer to the source of the Sourced fish per week, one of which is oily. Eat less , meat and other proteins THE DIVERSE NUTRITION Oil & spreads Melissa Saint Hill, Amaeze Madukah & Ashleigh Simpson rce: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland 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

Patties/Meat Pies

If eating foods and drinks high in fat, salt or sugar have these less often and in small amounts.

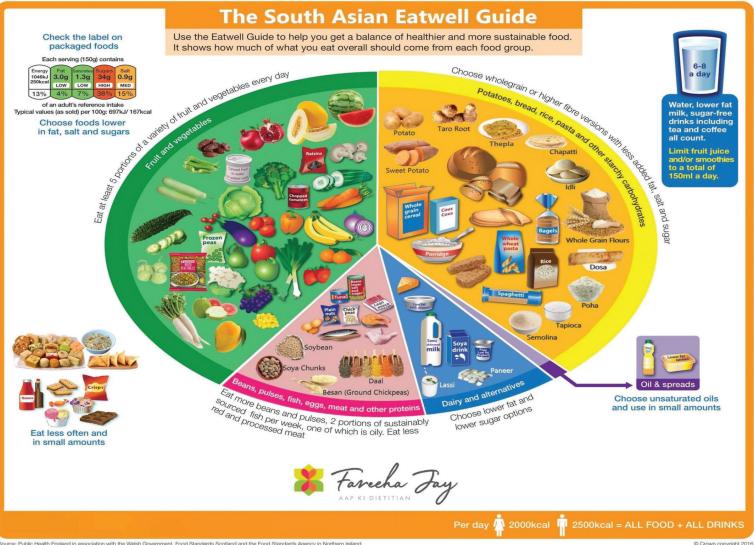
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