

EATWELL GUIDE

YouMatter

The **Eatwell Guide** divides food and drink into 5 groups and shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet.

- Choose a variety of different foods from each of the groups to get the **wide range of nutrients** your body needs to stay healthy.
- Aim for at least **5 portions** of a variety of **fruit and vegetables a day** – a source of vitamins, minerals and fibre.
- Base meals on **potatoes, bread, rice, pasta, or starchy carbohydrates** – a source of energy and main source of a range of nutrients.
- Include **beans, pulses, fish, eggs, meat and other protein foods** – a sources of protein, vitamins and minerals.
- Choose lean cuts of meat and aim for **2 portions of fish per week, 1 of which should be oily**, e.g. salmon or mackerel.
- Include **dairy or dairy alternatives** – sources of protein, vitamins and calcium.

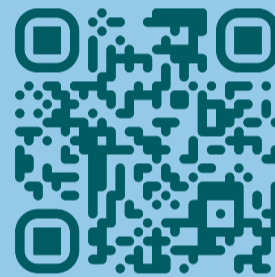
It's important to have some **fat in your diet**, but foods high in fat, salt and sugar, e.g. chocolate, biscuits, and sugary drinks sit outside of the main **Eatwell Guide** as they're not necessary as part of a **healthy and balanced diet**.

6 to 8 glasses of fluid a day is recommended. Water, lower-fat milks, lower-sugar or sugar-free drinks and tea and coffee all count. Fruit juice and smoothies also count but they contain free sugars that can damage teeth, so limit these **drinks to 150ml a day**.

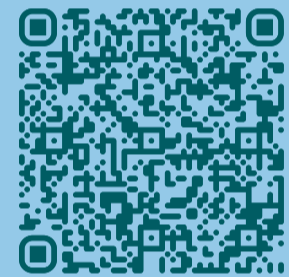
On average, **women** should have **around 2,000 calories** a day and **men** should have around **2,500 calories a day**. We all need different amounts of energy (or calories) from food to be a **healthy weight**. How much you need depends on lots of things, including **how active you are**.

Further information on **nutrition** and the **Eatwell Guide** can be found here:

British Nutrition Foundation



The Eatwell Guide - NHS



McLaughlin & Harvey