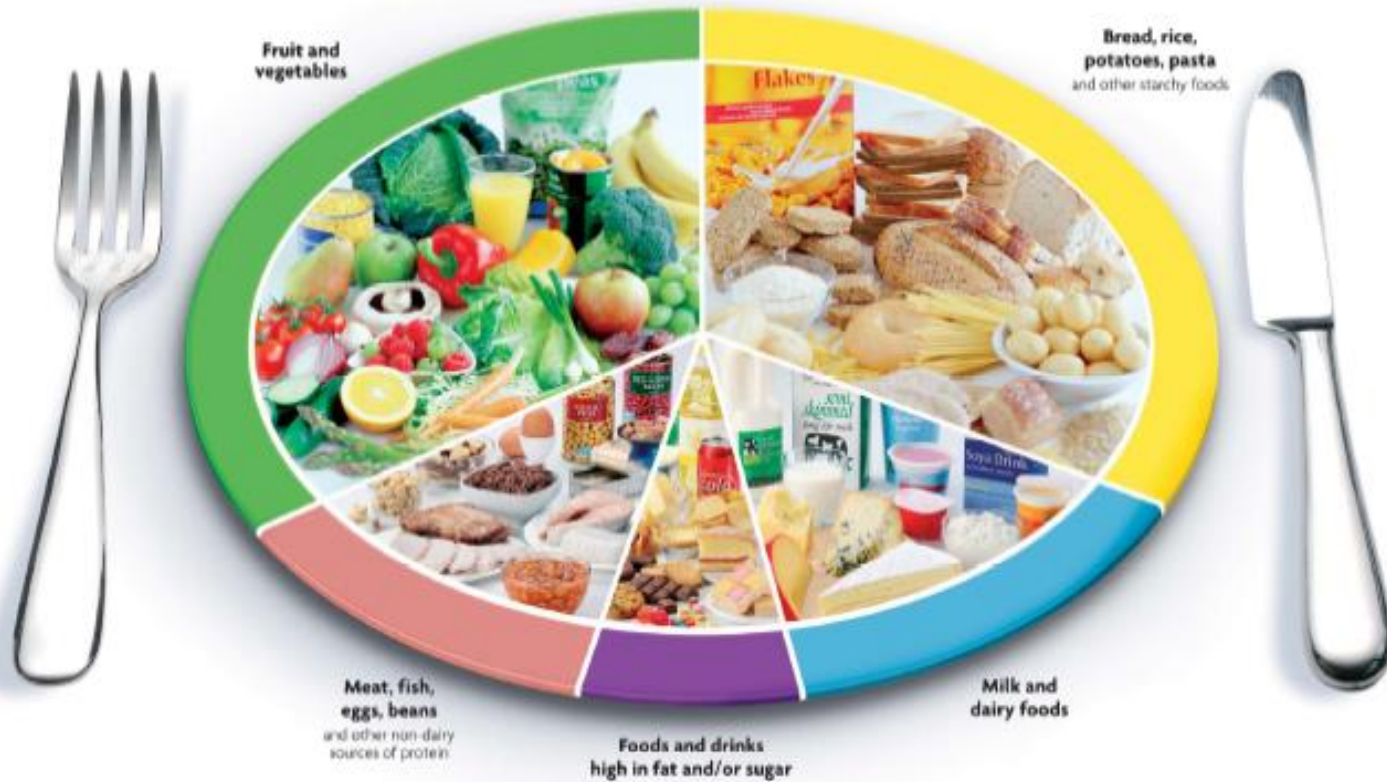


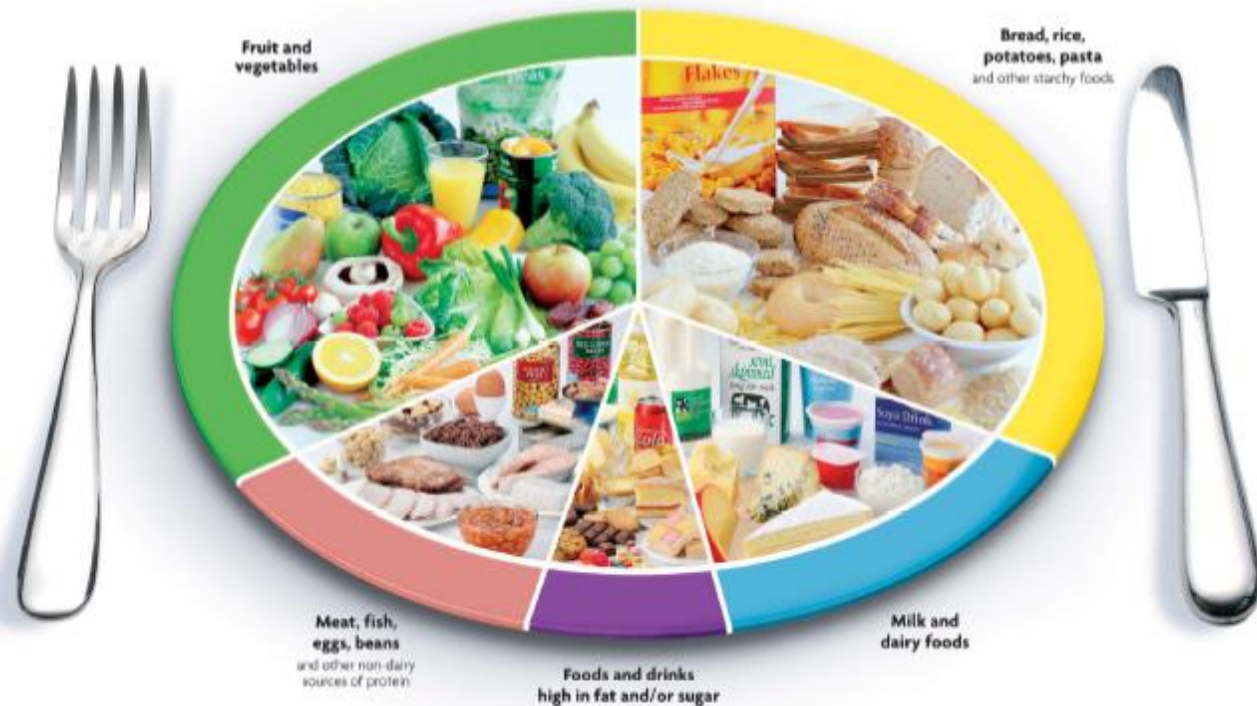
The eatwell plate



© Crown Copyright 2008

The eatwell plate

The eatwell plate shows the recommended balance of foods in the diet.



The eatwell plate is based on 5 food groups.



Fruit and vegetables



Bread, rice, potatoes, pasta and other starchy foods



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



Milk and dairy foods



Foods and drinks high in fat and/or sugar



Fruit and Vegetables

What foods are in this group?

Name 6 examples.

We should all aim to eat at least 5 portions everyday.
Do you?



Bread, rice, potatoes, pasta



Name some examples.

We need to eat lots from this group.

Try to eat food from this group at every meal time.

Milk and dairy foods

This group is a good source of calcium.

Eating 2-3 portions from this group everyday can help give us all the calcium we need.

Try to choose low fat foods from this group.



*A portion is a small pot of yogurt, a 200ml glass of milk or a matchbox sized piece of cheese.

Foods and drinks high in fat and/or sugar

Name 4 examples.

We only need to eat small amounts from this group.



Meals and Dishes

Much of the food eaten is in the form of dishes, combining many different food groups.

Shepherd's pie



Fruit and vegetables

Peas and carrots

Bread, rice, potatoes and pasta

Mashed potatoes

Milk and dairy foods

Sprinkle of cheese on top

Meat, fish, eggs, beans

Minced beef

Foods and drinks high in fat and/or sugar

Oil for frying the meat

What is it made from?

Breakfast

Grilled bacon, poached egg, wholemeal toast, grilled mushrooms



Which food groups are used?



Fruit and vegetables

Bread, rice, potatoes, pasta

Milk and dairy foods

Meat, fish, eggs, beans

Foods and drinks high in fat and/sugar

What is it made from?

Sushi

Which food groups are used?



Fruit and vegetables

Bread, rice, potatoes, pasta

Milk and dairy foods

Meat, fish, eggs, beans

Foods and drinks high in fat and/sugar

What is it made from?

Lunchbox

Ham and salad sandwich, orange, chocolate mousse



Which food groups are used?



Fruit and vegetables

Bread, rice, potatoes, pasta

Milk and dairy foods

Meat, fish, eggs, beans

Foods and drinks high in fat and/sugar

What is it made from?

Greek salad

Lettuce, red onion, olives, cucumber, tomato, feta cheese



Which food groups are used?



Fruit and vegetables

Bread, rice, potatoes, pasta

Milk and dairy foods

Meat, fish, eggs, beans

Foods and drinks high in fat and/sugar

What is it made from?

Chinese evening meal

Sweet and sour pork, with
vegetables and rice



Which food groups are used?



Fruit and vegetables

Bread, rice, potatoes, pasta

Milk and dairy foods

Meat, fish, eggs, beans

Foods and drinks high in fat and/sugar

Proportions

The eatwell plate shows the proportions of different food groups that make up a balanced diet over 1-2 days (not every meal).



How much of each?



Which are the largest groups?

What is the smallest group?



How much of each?



33%



33%



12%



15%



7%



Your food



Make sure your diet is balanced, like the eatwell plate.

Have lots of different types of foods in your diet.

Drink plenty of fluids, e.g. water, milk and fruit juice.

Enjoy your food!



© Crown Copyright 2008



For further information, go to:
www.foodafactoflife.org.uk