

The eatwell plate



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The eatwell plate shows the proportion and variety of foods we should eat to have a healthy balanced diet.



The eatwell plate is based on 5 food groups.



Bread, rice,

potatoes, pasta vegetables and other starchy foods Meat, fish, Milk and dairy eggs, beans foods and other nondairy sources of Foods and drinks high in fat protein and/or sugar

Fruit and

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Fruit and Vegetables

What foods are in this group?

Name 6 examples.

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

Do yous





Bread, rice, potatoes, pasta





Name 6 examples.

We need to eat lots from this group.

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

What could you have?

Milk and dairy foods



This group is a good source of calcium.

Eating some foods 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.

Meat, fish, eggs, beans





Name 5 examples.

We need to eat foods from this group to stay healthy.

We should try to eat 2 portions of fish every week, 1 of which should be oily, e.g. salmon, mackerel.

Foods and drinks high in fat and/or sugar

Name 4 examples.

We need to limit the foods and drinks we have from this group.

If we do have foods and drinks from this group, it should only be in small amounts or occasionally.





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



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



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



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



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



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).



Proportions



Which are the largest groups?

What is the smallest group?



Proportions



33% 33%

12%

15%

7%

Your diet

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!



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