The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.

- **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**

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