Fruit and vegetables (vitamins and minerals)

Apples, bananas, kiwi, melon, tomatoes, peas, salad, cabbage, celery and lots more

Bread, rice, potatoes, pasta and other starchy food (carbohydrates)

Bread, pitta-bread, potatoes, rice, pasta and cereal

Milk and Dairy (calcium)

Milk, cheese and yogurt

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

Meat, fish, beans and pulses, nuts seeds and eggs

Foods and drinks high in fat and/or sugar

Chips, cakes, sweets, fizzy drinks, biscuits and crisps

Public Health Improvement Information & Resources Team

Tel: 0191 424 6666
Email: healthinfo@southtyneside.gov.uk

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The eatwell plate