



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.



Real Food Works!

0333 444 7325

www.realfoodworks.co.uk

Balance, Variety, Moderation

REAL FOOD WORKS
nourishing body, mind & spirit

IT'S IMPORTANT that you give your body all the goodness it needs to work properly, to help you grow well, and to be a healthy weight.

Make sure you eat from the **FIVE** different food groups:

- **Fruit and vegetables**
- **Bread, other cereals and potatoes**
- **Milk and dairy products**
- **Meat, fish and alternatives**
- **Foods containing fat and foods containing sugar**

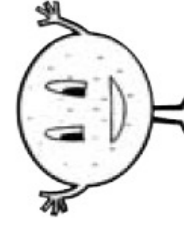
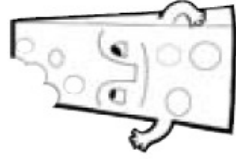
But **HOW MUCH** of each of these food should you eat? Look at the plate model overleaf.

This is known as the



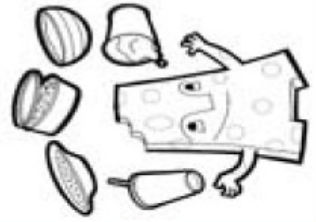


THE EATWELL PLATE.

Do you eat food from **EACH FOOD GROUP?**

For good health eat **MORE** from the **BIGGER** sections, and **LESS** from the **SMALLER** sections.



WHICH FOODS?

FRUIT AND VEGETABLES	BREAD, OTHER CEREALS AND POTATOES	MILK AND DAIRY FOODS	MEAT, FISH AND ALTERNATIVES	FOODS CONTAINING FAT AND FOODS CONTAINING SUGAR
<p>PROTECTION FOODS Fresh, frozen, canned, juices and dried are included.</p> 	<p>ENERGY FOODS Breakfast cereals, potatoes, all breads, pasta, rice, oats, noodles, yam, plantain, green banana.</p> 	<p>GROWTH FOODS Includes milk, cheese, yogurt, fromage frais.</p> 	<p>GROWTH FOODS Meat, poultry, fish, eggs, beans and pulses and nuts are all included.</p> 	<p>Includes margarine, butter, low-fat spreads, cooking oils, oil-based salad dressings, mayonnaise, cream, chocolate, crisps, biscuits, pastries, cakes, puddings, ice cream, rich sauces, soft / fizzy drinks sweets, jam, honey, syrup and sugar.</p> 

WHAT NUTRIENTS?

<p>Vitamins (e.g. C and A), minerals and fibre.</p>	<p>Energy, fibre and some calcium (good for your bones and teeth), iron and B vitamins.</p>	<p>Calcium (good for bones and teeth), protein, energy, Vitamins B12, A & D</p>	<p>Iron (helps prevent anaemia), protein, B vitamins, zinc and magnesium.</p>	<p>A concentrated source of energy/calories. Some contain fat-soluble vitamins, minerals and salt.</p>
------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------

WHAT AMOUNTS?

<p>Eat at least 5 portions a day.</p> <p>Snack on them.</p> <p>Beans, pulses and fruit juice count towards your total – but only once a day.</p>	<p>Eat at every meal.</p> <p>Base meals and snacks on these foods.</p> <p>Be careful not to eat too many cooked in fat e.g. chips.</p> <p>Remember breakfast cereals make good snacks.</p>	<p>Eat or drink moderate amounts every day.</p> <p>Choose lower-fat versions e.g. cottage cheese, semi-skimmed milk.</p>	<p>Eat every day.</p> <p>Choose lower-fat versions wherever you can e.g. chicken breast is lower in fat than chicken legs or wings. Avoid fried foods.</p> <p>Try to have fish too.</p>	<p>Keep for treats.</p> <p>Look for low-fat versions – read the food labels.</p>
------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------

Regular exercise and plenty of water is important too!