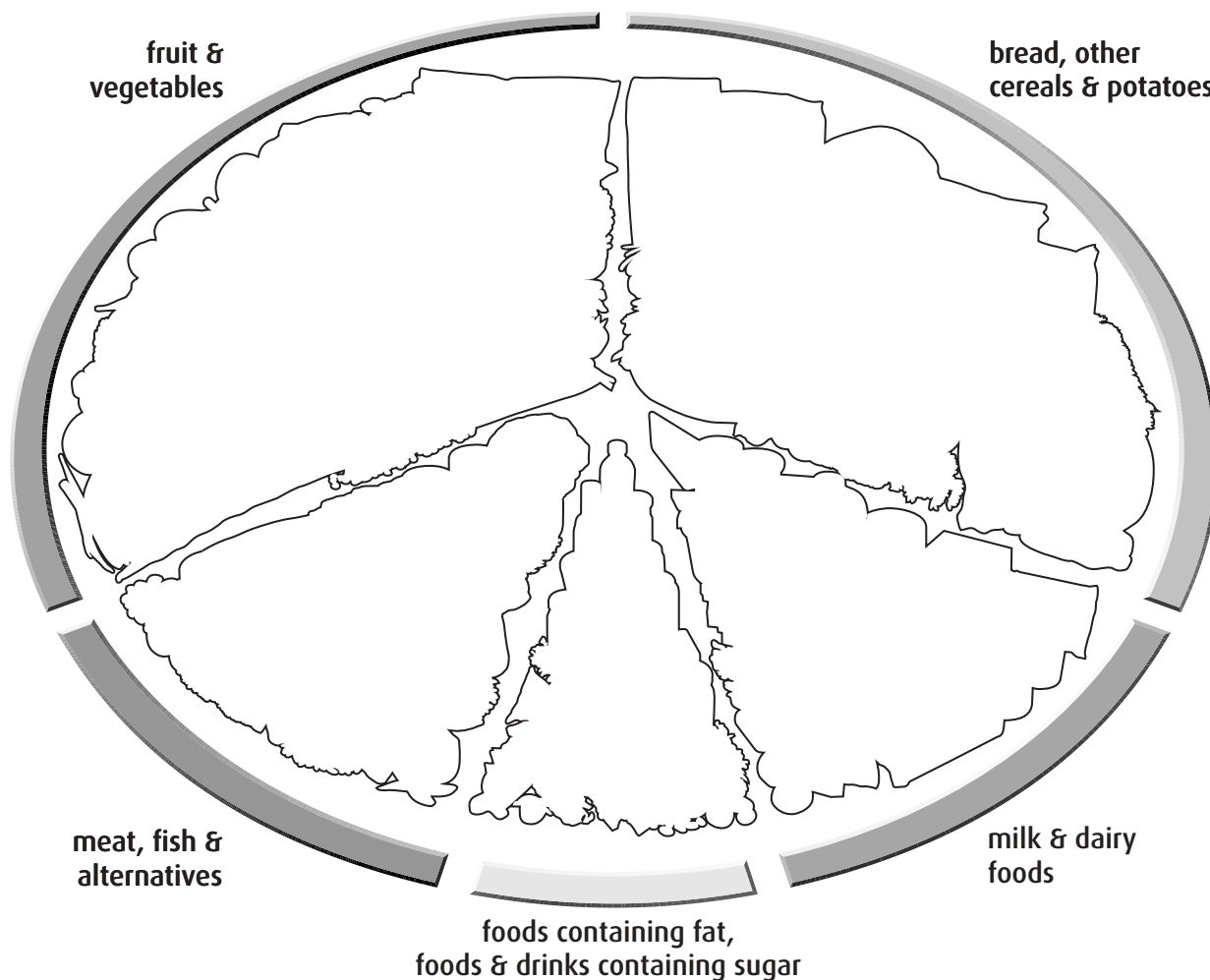


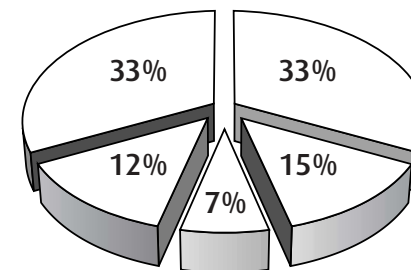
enjoying a healthy diet is all about

# getting the balance right

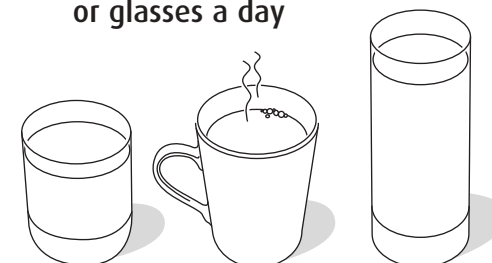
for South Asian people



There are no healthy or unhealthy foods - only healthy or unhealthy diets



- Select a variety of foods from each group in the proportions shown
- Eat at least 5 portions of fruit and vegetables a day
- Eat foods containing fats and sugars sparingly and select lower-fat options where possible
- Use less salt
- Drink plenty of fluid - 6 to 10 cups or glasses a day



**- enjoy your food!**

