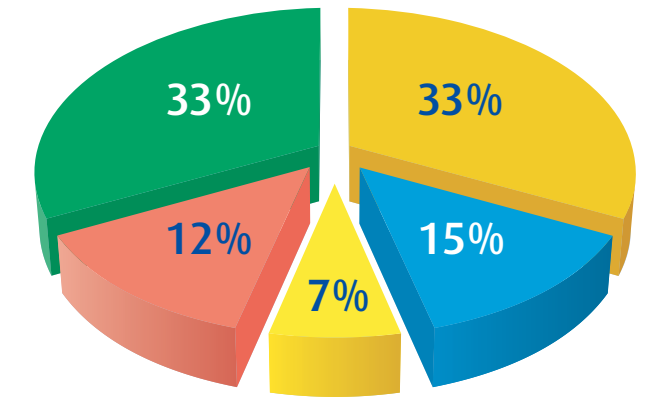
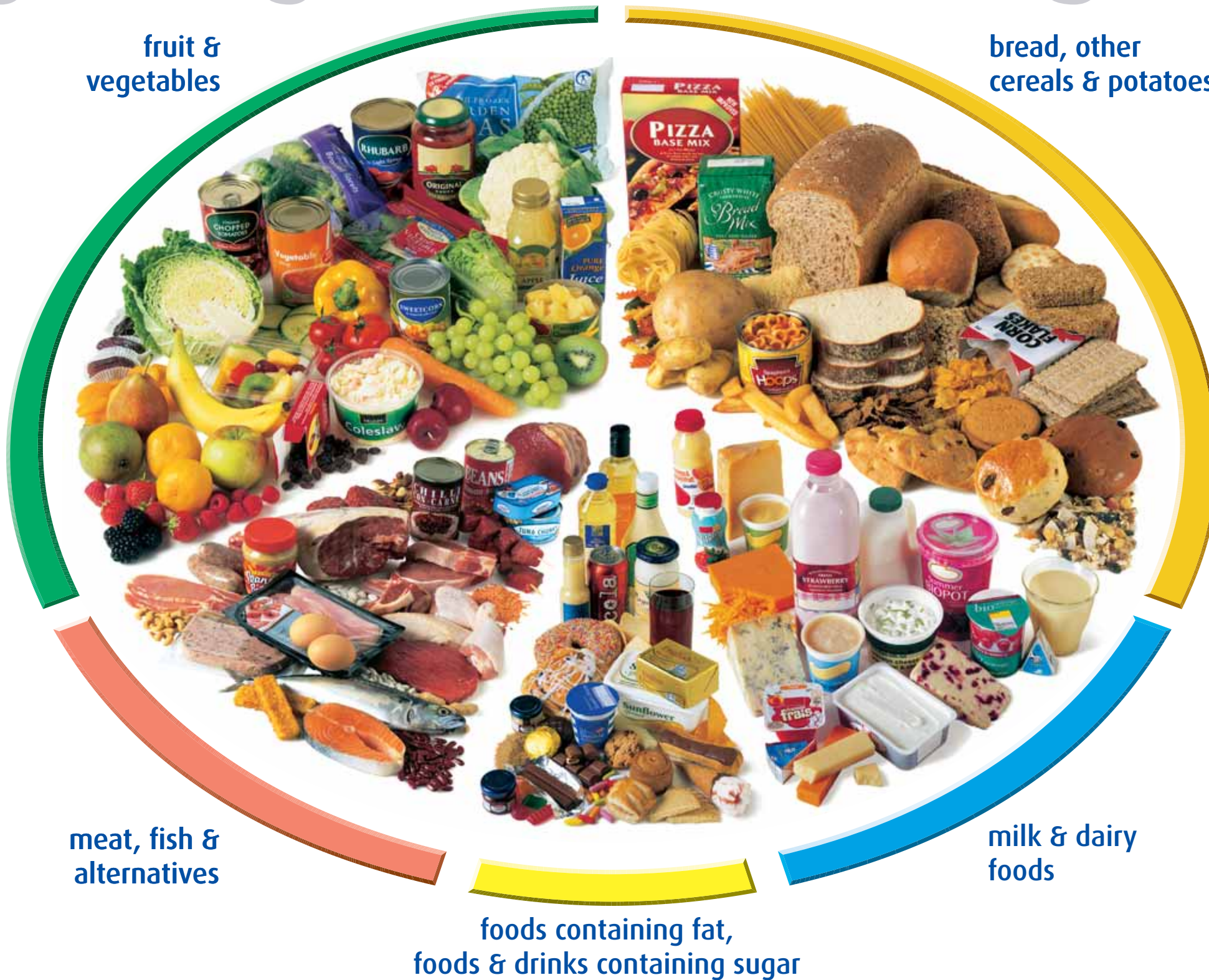


enjoying a healthy diet is all about

getting the balance right



- 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
- Eat less saturated fat
- Eat less salt
- Drink plenty of fluid – 6 to 10 cups or glasses a day



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

- enjoy your food!



The British Dietetic Association supports this food selection guide as a useful tool to convey the principles of a healthy and balanced diet for adults and children over five years of age

This food selection guide is based on 'The Balance of Good Health' with kind permission of the Food Standards Agency

www.bmesonline.org.uk
www.foodfactoflife.org.uk