

Tuesday, 24 March 2026

[Health and Social Wellbeing Improvement](#)



This poster shows graphically how much of each of the following food groups we should eat for a healthy, balanced diet: fruit and vegetables; potatoes, bread, rice, pasta and other starchy carbohydrates; dairy and alternatives; beans, pulses, fish, eggs, meat and other proteins; and oils and spreads.

Two formats (A4 and A5) are available to download below.

Details

Format

A3 poster; A5 flyer

Target group

General public

Downloads

Attachment	Size
1. Eatwell Guide A3 Poster FINAL.pdf	2.38 MB

Attachment**Size**

[2. Eatwell Guide A5 Poster FINAL.pdf](#) 2.15 MB

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