



# Eatwell guide

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.

Published  
24 March 2026  
Last reviewed  
24 March 2026

## Details

Format  
A3 poster; A5 flyer  
Target group  
General public

# Downloads

Attachment	Size
<a href="#">1. Eatwell Guide A3 Poster FINAL.pdf</a>	2.38 MB
<a href="#">2. Eatwell Guide A5 Poster FINAL.pdf</a>	2.15 MB

## Tags

- [nutrition](#)
- [eat well](#)
- [eatwell](#)
- [food](#)

Share this page

- [Share by email](#)
- [Share on X](#)
- [Share on Facebook](#)
- [Share on LinkedIn](#)
- [Share on WhatsApp](#)
- [Download as PDF](#)

Was this page useful?

Yes  No

Thank you for your feedback.

Sorry to hear that. [Tell us what went wrong.](#)