

Friday, 28 February 2020

[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.

Details

Format

A3 poster

Target group

General public

Downloads

Attachment	Size
Eatwell guide 0120	2.19 MB

Tags

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

[Print](#)