



Let's eat well!

The Eatwell Guide shows us the types and proportions of food which make up a healthy, varied diet. It also shows us how much we need to drink.

Where do the foods in these meals belong?

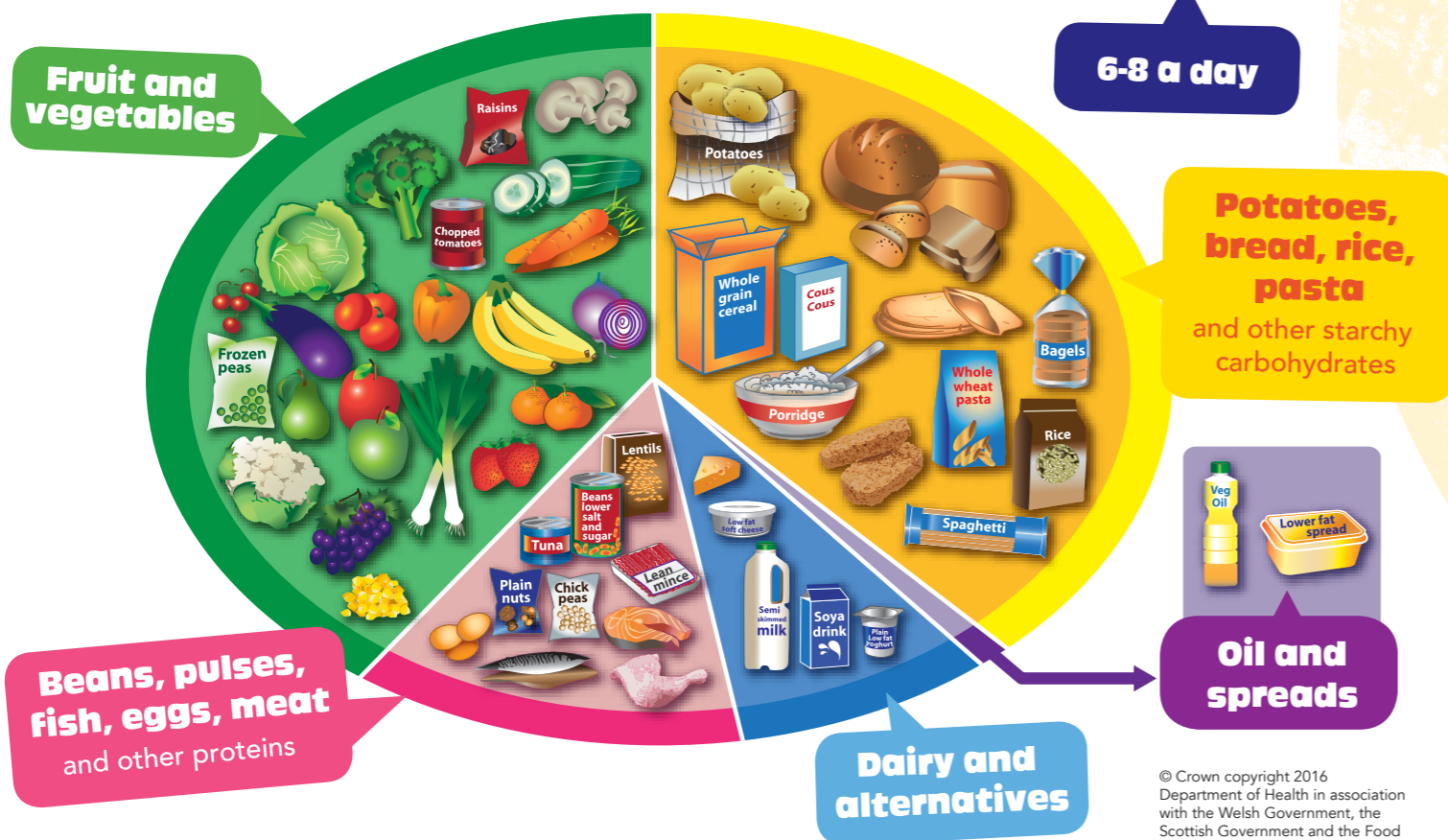


The Eatwell Guide

Use the Eatwell Guide to help you eat and drink well. You do not have to get the balance right at every meal, but try to get it right over a day or more.



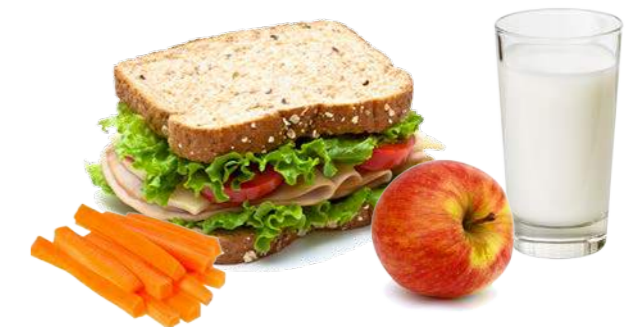
6-8 a day



Breakfast



Lunch



Dinner



Snack



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with the Welsh Government, the
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Standards Agency in Northern Ireland.