

Do you get the balance right?

The plate below shows what we should eat for a balanced and healthy diet.

A portion is an average serving, for example, a slice of bread or two tablespoons of baked beans.

FRUIT AND VEGETABLES

5 or more portions daily

Fresh is best, although this group also includes tinned, frozen, dried fruits, salad, and juice. Fruit and vegetables contain fibre, vitamins and minerals. Potatoes don't count in this section, as they are predominantly a starchy food.

BREAD, CEREALS AND POTATOES

5 portions daily

These starchy foods make up the basis for most meals. This group supplies carbohydrates, fibre, protein, and some vitamins and minerals. Remember that whole, unrefined cereals are best.

PROTEIN RICH FOODS

2-3 portions daily

This would be traditionally looked upon as the meat section. Vegetarians get a plentiful supply of protein from pulses, nuts, eggs, seeds, soya, tofu, Quorn and wheat protein. Many other foods also contain a small amount of protein too.

MILK, DAIRY AND ALTERNATIVES

2-3 portions daily

This group provides a good source of calcium, protein and vitamins.

SUGAR AND FAT

0-3 portions daily

Although some fat is needed in the diet, too much can lead to health problems. Fat and sugar occur naturally in foods, so we don't really need to add any extra to our diet.

Veggie food is food for life!