

Thursday, 08 February 2024

## [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 0124](#) 2.15 MB

## Tags

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

[Print](#)