

Monday, 24 February 2025

[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; A5 flyer

Target group

General public

Downloads

Attachment	Size
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Eatwell guide 0124	2.15 MB
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