

## Getting the balance right

The eatwell plate makes it easier to understand the types and proportions of foods to include in a healthy balanced diet. It shows how much of what we eat should come from each food group. You don't need to get the balance right at every meal, but try to get it right over a period of time such as a day or week.



Department of Health in association with the Welsh Government, the Scottish Government and the Food Standards Agency in Northern Ireland.