

The Eatwell Guide and Resources

The Eatwell Guide makes healthy eating easier to understand by giving a visual representation of the types of foods and drinks we should consume and in what proportions to have a healthy, balanced diet.

What is the Eatwell Guide?

The Eatwell Guide divides the foods and drinks we consume into five main groups. Try to choose different foods from each of the food groups to help you get a wide range of nutrients that your body needs to stay healthy and work properly.

These food groups include:

- fruit and vegetables
- potatoes, bread, rice, pasta and other starchy carbohydrates
- dairy and alternatives
- beans, pulses, fish, eggs, meat and other proteins
- oils and spreads

The proportions shown in the Eatwell Guide are representative of the food you eat over a period of a day or even a week, not necessarily at each meal time.

Foods that are high in fat, salt and sugar are placed outside of the Eatwell Guide as these types of foods are not essential in the diet and should be consumed less often and in small amounts.

We should also aim to drink 6-8 glasses of fluid each day. Water, lower fat milk and sugar-free drinks including tea and coffee all count.

Please contact Executive.Support@food.gov.uk for more information on how to order the resources. Please note that these resources can only be delivered to addresses within Northern Ireland.

More information

Further information can be found in our Eatwell Guide booklet.

Please note this resource is not accessible. If you require an accessible alternative, please contact fsa.communications@food.gov.uk

Northern Ireland

PDF

[View Eatwell Guide booklet as PDF\(Open in a new window\)](#) (1.43 MB)