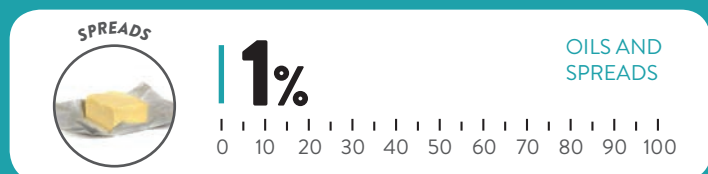
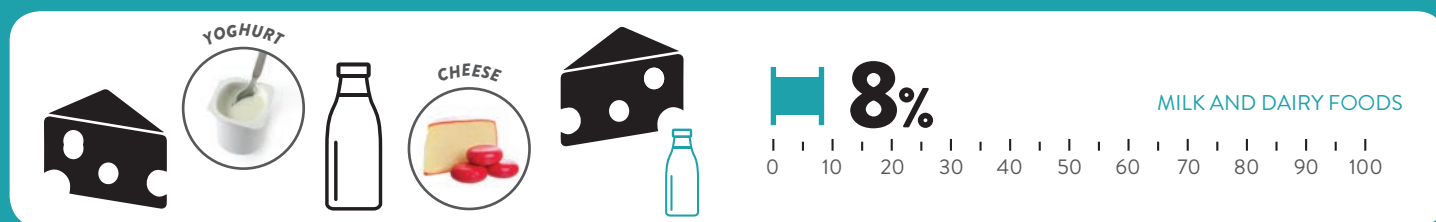
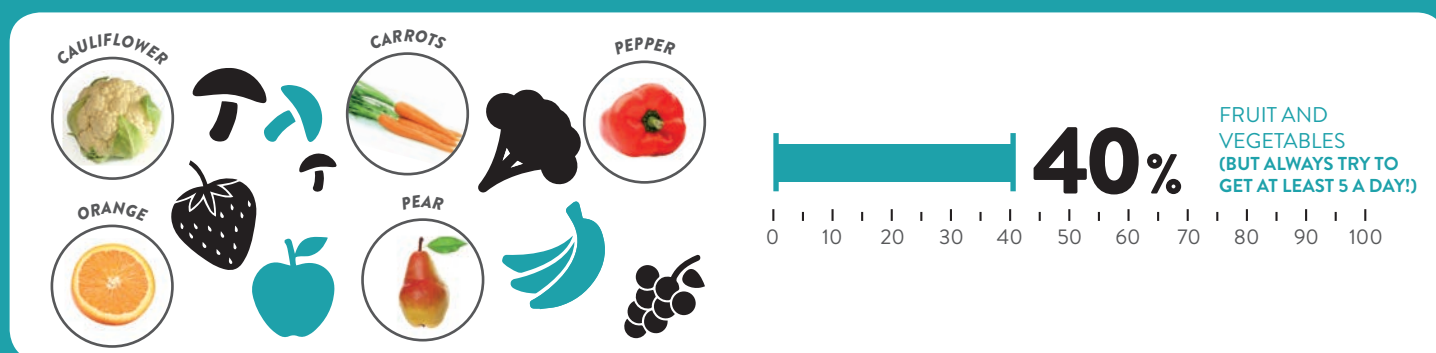


WHAT IS A BALANCED DIET?



— BE —
**PORTION
SIZE**
— WISE —

YOU MIGHT HAVE HEARD THE TERM BALANCED DIET BEFORE – BUT WHAT DOES IT MEAN? IT'S BASED AROUND EATING THE RIGHT AMOUNTS OF FIVE MAIN FOOD GROUPS.



DRINK 6-8 GLASSES
PER DAY OF WATER, SUGAR FREE DRINKS AND LOW FAT MILK.
LIMIT FRUIT JUICE/SMOOTHIES TO 150ML PER DAY

EAT LESS FOOD HIGH IN FAT AND SUGAR

IT'S A GOOD IDEA TO TRY TO GET THIS BALANCE RIGHT EVERY DAY, BUT YOU DON'T NEED TO DO IT AT EVERY MEAL. YOU MIGHT FIND IT EASIER TO GET THE BALANCE RIGHT OVER A LONGER PERIOD, LIKE A WEEK.



* Percentages are based on the NHS Eat Well plate.