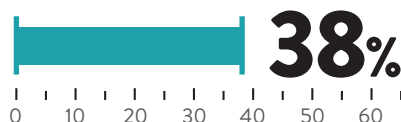


# WHAT IS A BALANCED DIET?

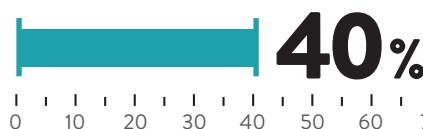
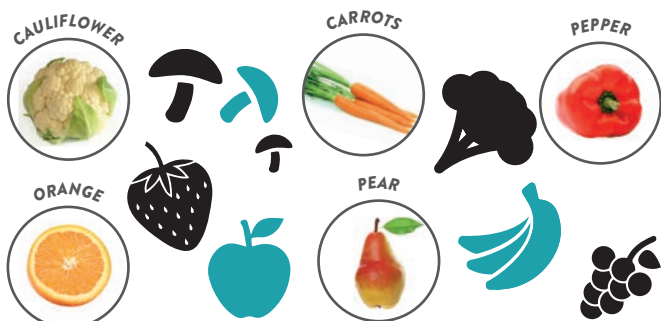


— BE —  
**PORTION  
SIZE**  
— WISE —

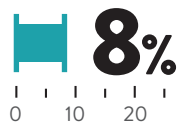
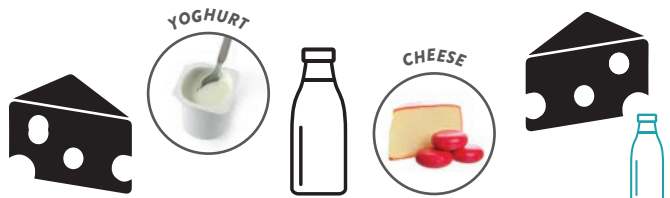
YOU MIGHT HAVE HEARD THE TERM BALANCED DIET BEFORE – BUT WHAT DOES IT MEAN?  
IT'S BASED AROUND EATING THE RIGHT AMOUNTS OF FIVE MAIN FOOD GROUPS.



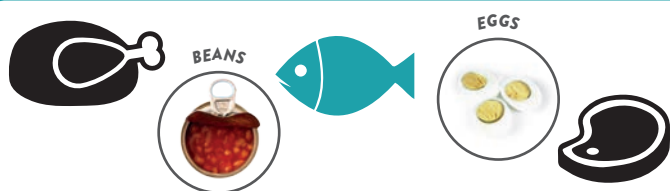
BREAD, RICE,  
POTATOES,  
PASTA AND OTHER  
STARCHY FOODS



FRUIT AND  
VEGETABLES  
(BUT ALWAYS TRY TO  
GET AT LEAST 5 A DAY!)



MILK AND DAIRY FOODS



BEANS, PULSES, FISH,  
EGGS, MEAT AND  
OTHER PROTEINS



1%

OILS AND  
SPREADS



**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.