

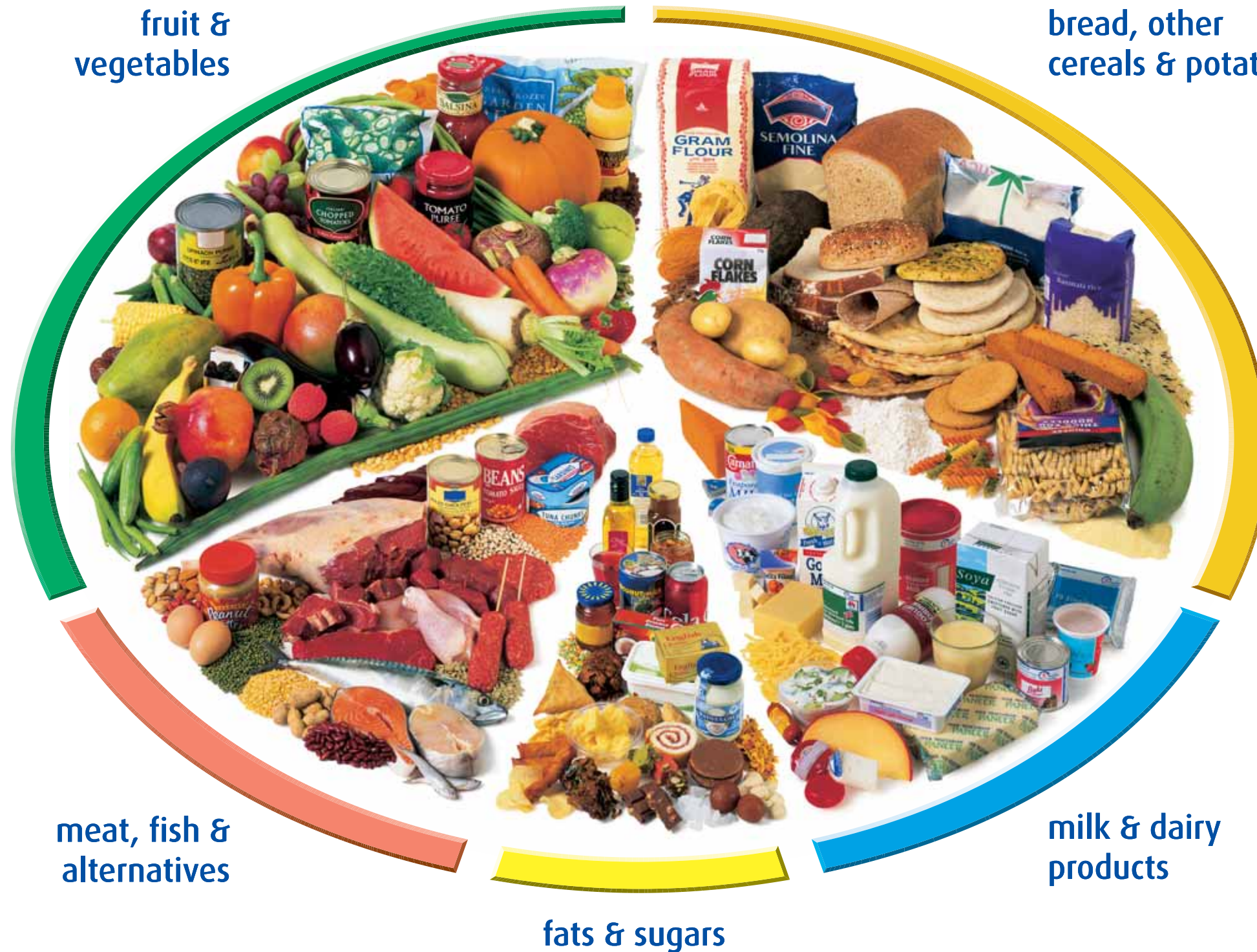
enjoying a healthy diet is all about

getting the balance right

for South Asian people

fruit & vegetables

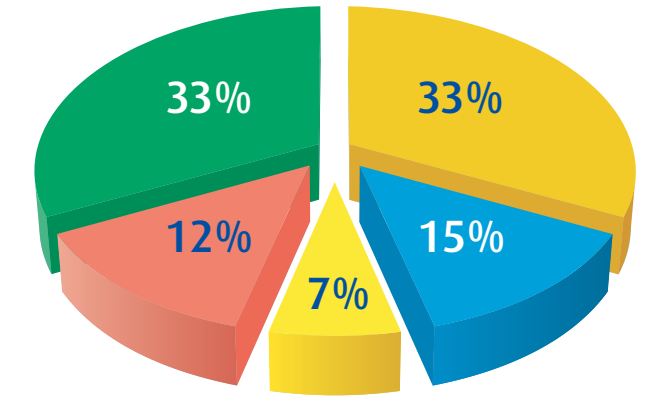
bread, other cereals & potatoes



meat, fish & alternatives

milk & dairy products

fats & sugars



- Select a variety of foods from each group in the proportions shown
- Eat at least 5 portions of fruit and vegetables a day
- Eat foods containing fats and sugars sparingly and select lower fat options where possible
- Eat less saturated fat
- Eat less salt
- Drink plenty of fluid – 6 to 8 cups or glasses a day



There are no healthy or unhealthy foods – only healthy or unhealthy diets

– enjoy your food!