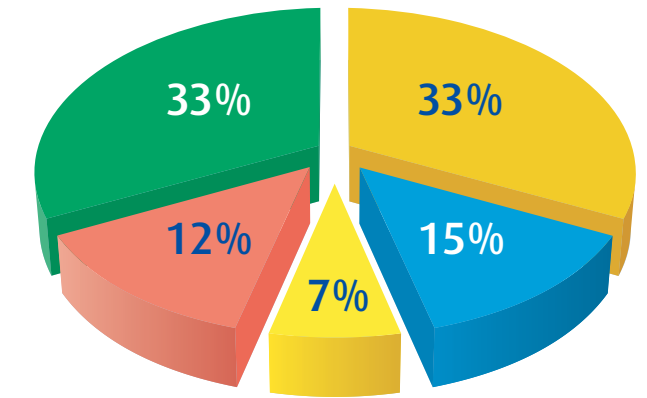
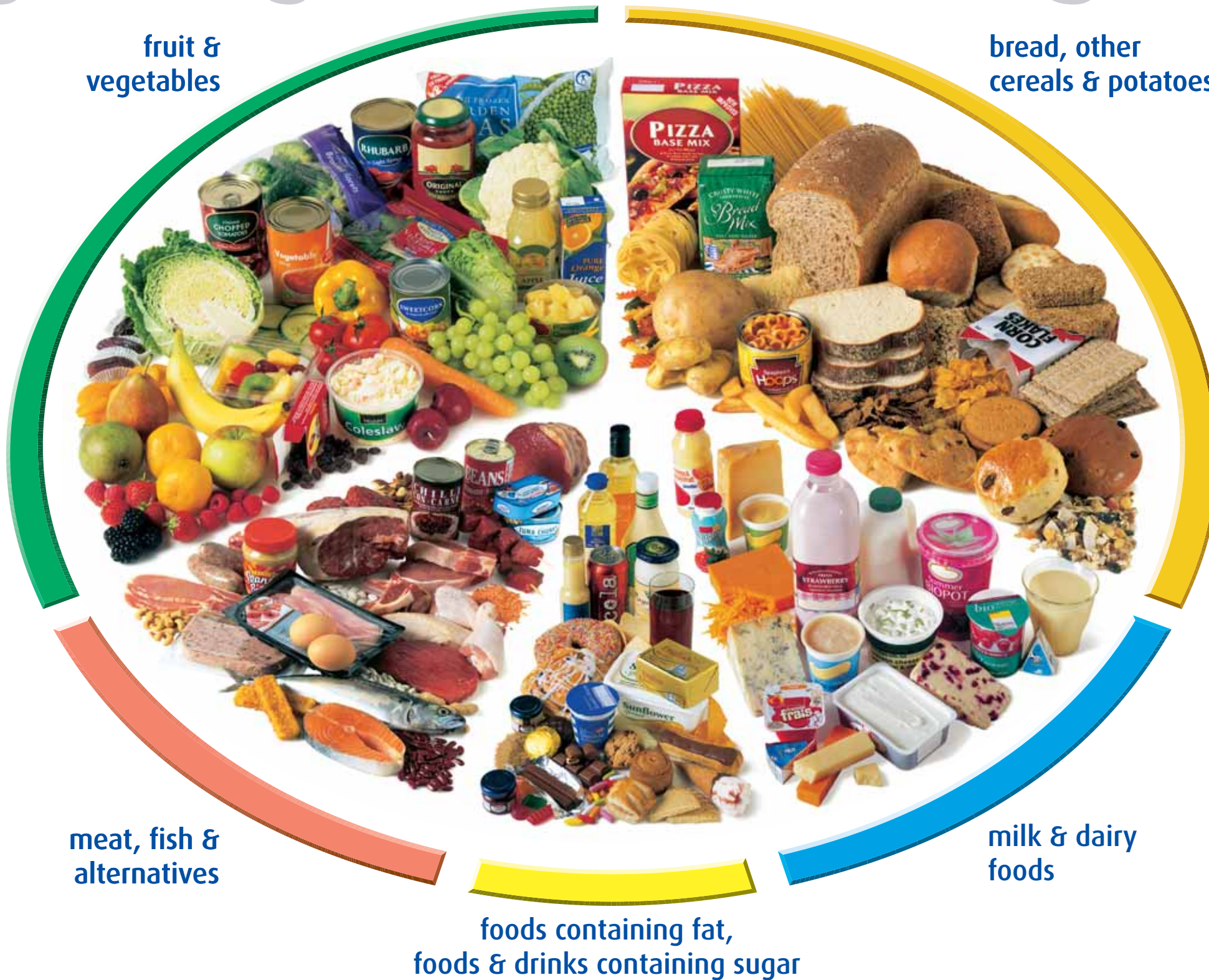


enjoying a healthy diet is all about

getting the balance right



- 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 10 cups or glasses a day



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

- enjoy your food!