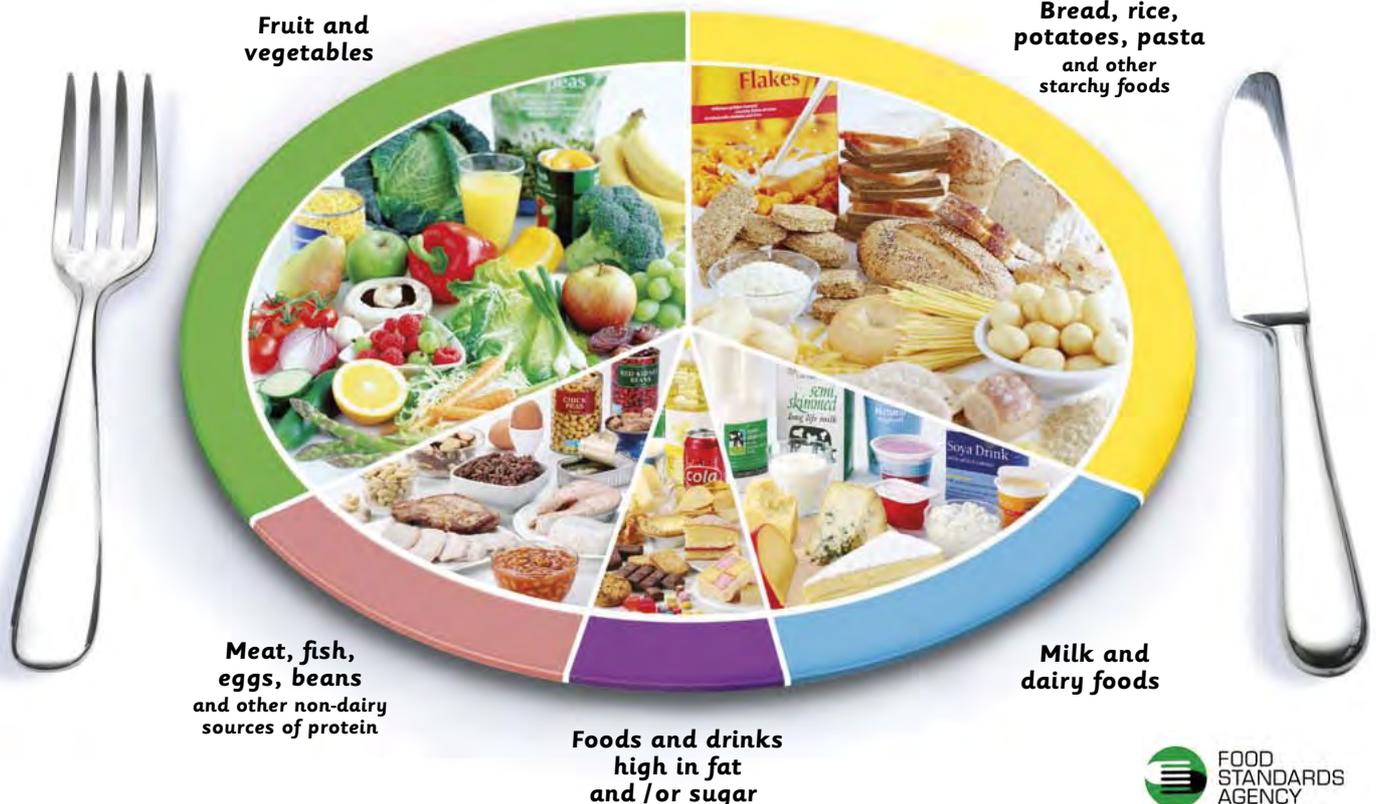


GROW YOUR OWN POTATOES



Factsheet 7: The Eatwell Plate



Fruit and vegetables

Bread, rice, potatoes, pasta and other starchy foods

Meat, fish, eggs, beans and other non-dairy sources of protein

Foods and drinks high in fat and /or sugar

Milk and dairy foods



The eatwell plate is a pictorial food guide produced by the Food Standards Agency to help people understand and enjoy healthy eating. It shows the proportion and types of foods that we need to make up a healthy, balanced diet.

The plate applies to most people, regardless of weight, height, ethnic origins and whether you are vegetarian or otherwise. The exceptions are children under two years of age because they need full-fat milk and more dairy product, and those under medical supervision.

Healthy eating is all about balance, which means that there are no good or bad foods. All foods can be included in a healthy diet as long as the overall balance of foods is right by achieving the correct intake of those nutrients that is important for health.

No single food contains all the essential nutrients the body needs to be healthy and function properly. We eat food to provide us with energy to live but the balance between how much carbohydrate, fat and protein we eat must be right for us to remain healthy. Too little protein can interfere with growth and other body functions, too much fat can lead to obesity and heart disease.

Different foods provide different vitamins and minerals, therefore a healthy diet should include a variety of foods to ensure all the vitamins and minerals are provided. For example, dairy products such as milk and yogurts are great sources of calcium, but they are a poor source of vitamin C; citrus fruits are good sources of vitamin C, but they do not provide any iron.

