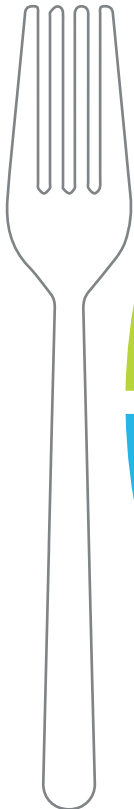


# Healthy Food Plate



## Protein

Includes lean white meat (poultry), shellfish/fish, eggs and some dairy.  
Nuts and seeds (60g a day), beans, grains and pulses are also proteins.

Avoid red and processed meats.

**Portion size: 1/4 of a plate or a palm full.**

## Starchy Carbohydrates

Brown rice or pasta, wholemeal bread, potatoes, grains, couscous, quinoa.

Choose wholegrains wherever possible for added fibre and maximum nutrient goodness.

**Portion size: 1/4 of a plate.**

## Fruits & Vegetables

Aim for 6-7 portions a day (veg:fruit 3:1)

Include plenty of green leafy vegetables and a variety of rainbow colours for maximum nutrient value.

**Portion size: Half a plate full.**

## Good Fats

Avoid saturated fats in cakes, pastries, and crisps.

Include 'good' fats rich in Omega 3 - found in nuts, seeds and avocado.

Aim to include oily fish 2-3 times a week. Cook with Extra Virgin Olive Oil.

## Drinks

Drink 6 large glasses/2 litres of water a day (more when exercising).

Avoid caffeine, sugary drinks and alcohol.

Include herbal teas and infusions.