

Food Groups

Body & health

A plate model that is easier to follow than counting anything.

A proportion-based approach rather than a numeric one.

Half the plate

Vegetables and salad

Variety of colours

Fresh, frozen or tinned all count

A quarter

Protein — meat, fish, eggs, pulses, tofu

Include oily fish weekly

A quarter

Wholegrain carbohydrate

Rice, pasta, bread, potatoes

Wholegrain where possible

Alongside

Some dairy or fortified alternative

Unsaturated oils in small amounts

Fruit as snacks

Water as the default drink

General guidance. Individual needs vary with health conditions, and a dietitian can adapt this properly.